



SIEMENS

Cooking inspirations.

A selection of inspiring recipes for the new iQ700 built-in oven with pulseSteam function and roastingSensor Plus.

www.siemens-home.com/mysiemens

Inspiration for cooking

For the extraordinary things in life

Do you want to give your guests a wonderful evening they won't forget?

All you need is the right ingredients, and we'll provide the recipes to match in the iQ700 cookbook.

Take a culinary journey with this exclusive collection of recipes, and you will not only learn how to prepare extraordinary taste sensations, but also how to make the best use of the innovations offered by your new iQ700 built-in oven with pulseSteam and roastingSensor Plus. By doing so, you will be able to offer your guests a perfect menu that is simple and enjoyable to prepare, and guaranteed to turn out brilliantly. All the details in the recipes have been tested numerous times and tailored precisely to your oven. This means that preparing them is fun, and that the evening will be a memorable one for you and your guests.

Bon appétit!

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Useful information about your
iQ700 oven with pulseSteam and
roastingSensor Plus

Information on your appliance

pulseSteam

The regular addition of steam to the usual heating method now makes it even simpler to prepare dishes perfectly. The moisture evaporates on the surface, meaning that your dish will become crispy on the outside yet remain moist in the centre. This applies for roast meat joints or bread, for example.

You can find the appropriate setting for all recipes in the cookbook which are suited for added steam. Alternatively, we have also provided conventional settings without added steam for every recipe. In the instruction manual for your oven, you can find a variety of tips and information in the chapter 'Steam'.

roastingSensor Plus

Achieve the best roasting results: it's easier than ever before with the roastingSensor Plus.

Thanks to three measuring points, the innovative meat probe is able to precisely and reliably measure the internal temperature of your food.

It is suitable for a wide range of dishes.

You can find the appropriate setting for all recipes in the cookbook which are suitable for the roastingSensor Plus. If you do not wish to use the meat probe, we have also provided an alternative setting for you.

4D hot air

For the best baking results, regardless of the choice of rack level: 4D hot air.

You have the utmost flexibility in choosing which rack level you would like to use to prepare your food. The innovative technology featured by the fan motor permits ideal heat distribution in the oven interior. This means that your dish will always be cooked perfectly and exactly how you want it, regardless of the rack level you choose.

Top/ bottom heating

For traditional baking and roasting on one level.

Especially well-suited for cakes with a moist topping, either in tins or on a baking tray.

Circulated air grilling

For roasting poultry, whole fish and larger pieces of meat.

The grill element and the ventilator switch on and off alternately. The fan circulates the hot air around the food.



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Abbreviations and indicated quantities



Abbreviations

ml	Millilitres
l	Litres
g	Grams
kg	Kilograms
cm	Centimetres
mm	Millimetres
tbsp	Tablespoon
tsp	Teaspoon
Generous pinch	Generous pinch
lvl	Level
hpd	Heaped
frzn	Frozen
e.g.	For example
min.	Minutes
hr.	Hours
min.	At least
approx.	Approximately
pinch	Pinch
Ø	Diameter

Sachet

Baking powder	17 g
Vanilla essence	9 g
Dry yeast	7 g
Cream stiffener	8 g

Nutritional information

kcal	Kilocalories
F	Fat
carb	Carbohydrates
P	Protein
BU	Bread units

Weights, capacity measures

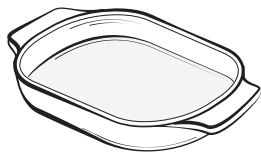
1 kg	1000 g	100 dg	2.22 lb
1 l	1000 ml	100 cl	10 dl

Spoon measures

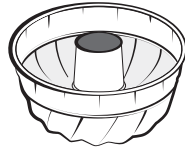
	Level tsp	Level tbsp	Heaped tsp	Heaped tbsp
Baking powder	3 g	6 g	7 g	13 g
Butter	3 g	8 g	10 g	18 g
Honey	6 g	13 g	12 g	26 g
Jam	6 g	18 g	14 g	26 g
Flour	3 g	7 g	5 g	15 g
Oil	3 g	12 g	-	-
Salt	5 g	13 g	8 g	24 g
Mustard	4 g	12 g	11 g	26 g
Breadcrumbs	2 g	8 g	4 g	14 g
Water/milk	5 g	15 g	-	-
Cinnamon	2 g	3 g	4 g	11 g
Sugar	3 g	9 g	6 g	17 g

Cookware





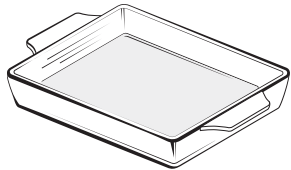
Ovenproof dish, oval



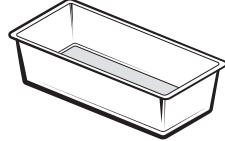
Bundt cake tin



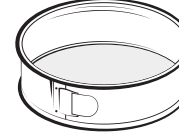
Springform cake tin, square



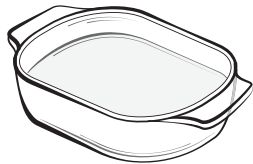
Ovenproof dish, rectangular



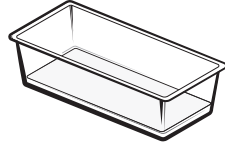
Cake tin



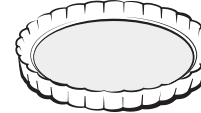
Springform cake tin, round



Roaster, glass, without lid



Cake mould, glass



Tart dish



Roaster with lid



Mini ring cake tin



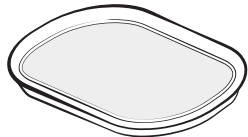
Mini tart dishes



Preserving jars



Muffin tin



Meat tray



Flan-base cake tin



Small moulds

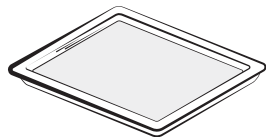


Pizza tray, round

Special accessories

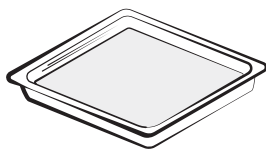


There is a comprehensive range of special accessories for your appliance. You can find information on these in our brochures or online.



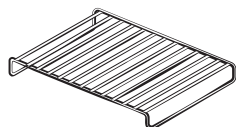
Baking tray, non-stick

For tray bakes and small baked products. The pastries can be removed more easily from the baking tray. It is not necessary to grease or line with greaseproof paper.



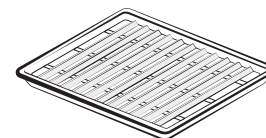
Universal pan, non-stick

For moist cakes, pastries, frozen meals and large roasts. It can be used to catch dripping fat when you are grilling directly on the wire rack. Pastries and roasts can be removed more easily from the universal pan. It is not necessary to grease or line with greaseproof paper.



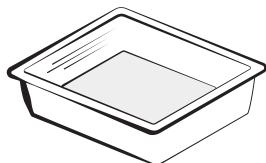
Wire insert

For meat, poultry and fish. For inserting into the universal pan to catch dripping fat and meat juices.



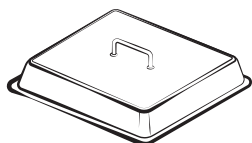
Grill tray

Use for grilling in place of the wire rack or as a splatter guard. Only use in the universal pan.



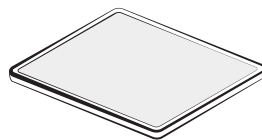
Profi pan

Ideal for the preparation of large quantities.



Lid for the Profi pan

The lid turns the Profi pan into a Profi roaster.



Baking stone

For home-made bread, bread rolls and pizzas that require a crispy base.



Glass roaster (1.5 litres)

For stews and bakes.



Glass pan

For bakes, vegetable dishes and baked items.



Pizza tray

For pizzas and large round cakes.





Side dishes and vegetables,
vegetarian dishes and bakes



Oriental potato bake

For 6 servings Universal pan

Potatoes:

1 kg red-skinned, predominantly waxy potatoes
2 aubergines, approx. 700 g
3 onions
1 clove garlic
4 tbsp olive oil
2 tbsp raisins
1 tbsp honey
¼ tsp cumin
20 g ras el hanout
Salt

In addition:

½ bunch flat-leaf parsley
3 sprigs peppermint
Greaseproof paper

Per serving

254 kcal, 37 g carbs, 9 g fat, 6 g protein,
3,1 BU

1. Peel the potatoes and cut into small cubes. Wash the aubergines, halve and cut into half-moons. Peel the onions and the clove of garlic and chop finely. Place all chopped ingredients into a bowl. Add the olive oil, raisins, honey, cumin and ras el hanout. Season to taste with salt.

2. Line the universal pan with greaseproof paper, distribute the potato mixture on it and cook as indicated.

3. Rinse the parsley and peppermint, shake dry and chop coarsely. Sprinkle the herbs over the cooked potato bake.

Setting procedure:

Universal pan, level 2
4D hot air
190 °C
Added steam, high
Cooking time: 30-35 minutes

Alternative setting:

Universal pan
4D hot air
190 °C
Cooking time: 30-35 minutes
When using 4D hot air, you can place the accessories on any level from 1 to 4.

Tip:

It is the combination of hot spices, honey and raisins that makes this such a special dish.

If you like it hot, then sprinkle some finely chopped red chilli pepper over the bake. Or add a little pul biber and sumac to the potatoes.



Pumpkin and chilli vegetables with apples

For 4 servings
Universal pan

Pumpkin:

1 kg Muscat pumpkin
50 g butter
Chilli salt
Mixed pepper, freshly ground
2 garlic cloves
3 medium-sized, sour apples
Approx. 180 g celery
150 ml water

Per serving

234 kcal, 29 g carbs, 11 g fat,
4 g protein, 2,4 BU

1. Peel the pumpkin and remove the core with the seeds. Cut into wedges approx. 4 cm wide.

2. Melt the butter, brush the universal pan with a thin layer of it, and sprinkle with chilli salt and mixed pepper.

3. Peel and quarter the garlic cloves and distribute in the universal pan. Arrange the pumpkin wedges on top.

4. Wash the apples, core them and cut them into quarters. Lay the apple wedges between or in the pumpkin wedges.

5. Wash the celery, cut it into cubes approx. 1 cm in size and scatter over the pumpkin and apple wedges. Season with chilli salt and mixed pepper once again and brush with the remaining butter. Add the water and cook the pumpkin as indicated.

Setting procedure:

Universal pan, level 2
Top/bottom heating
180 °C
Added steam, medium
Cooking time: 30-35 minutes

Alternative setting:

Universal pan, level 2
Top/bottom heating
180 °C
Cooking time: 30-35 minutes



Lemon potatoes with herbs and pointed peppers

For 4 servings Universal pan

Potatoes:

900 g small waxy potatoes
½ bunch thyme
½ bunch rosemary
3 organic lemons
2 tbsp olive oil
Salt

Pepper:

800 g red pointed peppers
5 tbsp olive oil
Salt
Black pepper, freshly ground
Nutmeg, freshly grated

In addition:

3 tbsp olive oil for the baking tray

Per serving

501 kcal, 44 g carbs, 31 g fat,
7 g protein, 3,7 BU

1. Wash the potatoes well and clean with a brush.

2. Rinse the herbs and shake dry. Wash the lemon in hot water and dry.

3. Add oil to the universal pan. Distribute the herbs evenly on it.

4. Halve the potatoes depending on size. Cut the lemons into wedges. Distribute the potato and lemon in the universal pan. Drizzle with a little oil and add salt. Bake as indicated.

5. Wash the pointed peppers, halve and de-seed. Cut into large pieces 3x3 cm. Drizzle with 5 tbsp oil and season.

6. After 40 minutes distribute the pieces of pepper over the potatoes, mix slightly and cook until done.

Setting procedure:

Universal pan, level 2
4D hot air
190 °C
Added steam, medium
Cooking time: 60 minutes

Alternative setting:

Universal pan
4D hot air
190 °C
Cooking time: 60 minutes
When using 4D hot air you can place the accessories on any level 1 to 4.



Roasted vegetables with balsamic sauce

For 4 servings
Medium ovenproof dish

Vegetables:

200 g sweet potatoes
1 potato
2 carrots
1 turnip
400 g pumpkin, e.g. Hokkaido
2 tbsp olive oil
Salt

Sauce:

1 onion
1 clove garlic
2 tbsp olive oil
5 tbsp white balsamic vinegar
3 tsp honey
100 ml cream
6 sage leaves, finely chopped
Salt
Pepper, freshly ground

Per serving

300 kcal, 25 g carbs, 20 g fat,
3 g protein, 2,1 BU

1. Wash and peel the vegetables, and cut into very fine slices. Distribute in the ovenproof dish, drizzle with olive oil, add salt and cook as indicated.

2. For the sauce, cut the onion and garlic very fine. Sweat the onion in 2 tbsp olive oil. Season to taste with balsamic vinegar, honey, cream, sage and seasonings. Allow to boil for two minutes. Add the garlic at the end.

3. Pour the sauce over the roasted vegetables and serve immediately.

Setting procedure:

Ovenproof dish on the wire rack, level 2
4D hot air
230 °C
Added steam, high
Cooking time: 20-25 minutes

Alternative setting:

Ovenproof dish on the wire rack
4D hot air
230 °C
Cooking time: 20-25 minutes
When using 4D hot air, you can place the accessories on any level from 1 to 4.



Baked asparagus with salsa

For 4 servings Universal pan

Salsa:

400 g cherry tomatoes
1 tbsp fresh oregano
½ bunch fresh basil
1 small, red onion
6-8 tbsp olive oil
Chilli flakes
Salt
Pepper, freshly ground
Sugar

Asparagus:

1.5 kg fresh green asparagus
4 tbsp olive oil
Salt
Sugar

Serve with:

Crema di Balsamico

Per serving

379 kcal, 11 g carbs, 34 g fat,
8 g protein, 0,9 BU

1. For the salsa, wash the tomatoes and finely chop them. Roughly chop the herbs. Peel the onions and cut into strips. Mix the tomatoes, herbs and onions with the oil and season well.

2. Peel the lower third of the asparagus and cut into pieces 3-4 cm long. Add to the universal pan and drizzle with olive oil. Season with salt and sugar and cook as indicated.

3. Serve the asparagus on plates and add the cold salsa to the warm asparagus. Drizzle with a little Crema di Balsamico to serve.

Setting procedure:

Universal pan, level 2
Top/bottom heating
200 °C
Added steam, medium
Cooking time: 25-30 minutes

Alternative setting:

Universal pan, level 2
Top/bottom heating
200 °C
Cooking time: 25-30 minutes



Tomatoes stuffed with lentils, bulgur wheat and goat's cheese

For 4 servings
Medium ovenproof dish

Filling:

75 g green lentils
75 g bulgur wheat
1 shallot
20 g butter
300 ml vegetable stock
100 g goat's cheese or cream cheese
3 tbsp parsley, chopped
Sea salt
Pepper, freshly ground
Sugar

Tomatoes:

8 tomatoes
Sea salt
Pepper, freshly ground

In addition:

2 tbsp olive oil for the dish

Per serving

246 kcal, 30 g carbs, 8 g fat,
21 g protein, 2,5 BU

1. Leave the lentils to soften in cold water for approx. 60 minutes. Then drain off the water. Put the bulgur wheat in a sieve and rinse briefly.

2. Peel and finely dice the shallot. Put the butter and diced shallots in a saucepan and sweat them.

3. Add lentils and bulgur wheat, put the lid on and sweat them. Top up with the vegetable stock and cook. Stir while cooking.

4. Let the steam dissipate briefly from the lentils and bulgur wheat and stir the goat's cheese into the mixture. Add the parsley and season the filling generously with salt, pepper and sugar.

5. Wash the tomatoes. Cut off the tops of the tomatoes and dice them. Carefully scoop out the flesh of the tomatoes using a teaspoon. Season the inside of the tomatoes and fill them with the mixture of lentils, bulgur wheat and cheese.

6. Add the olive oil to the ovenproof dish. Add the diced tomatoes and the filled tomatoes to the dish and cook as indicated.

Setting procedure:

Ovenproof dish on the wire rack, level 2
4D hot air
160 °C
Added steam, high
Cooking time: 25-30 minutes

Alternative setting:

Ovenproof dish on the wire rack, level 2
Top/bottom heating
210 °C
Cooking time: 25-30 minutes



Filled jacket potatoes

For 4 servings
Universal pan

Potatoes:
4 equally sized, floury potatoes,
200 g each

Filling:
20 g butter
125 g grated Emmental or blue cheese
Salt
Pepper, freshly ground
Nutmeg, freshly grated
Parsley, chopped

Per serving
364 kcal, 31 g carbs, 21 g fat,
13 g protein, 2,6 BU

1. Wash and brush the potatoes, then pierce each one several times with a fork. Place onto the tray with the skin on and cook as indicated.

2. Afterwards, halve the potatoes and carefully scoop out the potato from the skin. Mix the potato in a bowl with butter, cheese, seasonings and the parsley. Then put the mixture back into the potato skins.

3. Place back onto the baking tray, slide in at level 4 and grill as indicated.

Setting procedure:

Cooking the potatoes:
Universal pan, level 3
4D hot air
160 °C
Added steam, low
Cooking time: 55-65 minutes
Grilling:
Universal pan, level 4
Grill, large surface, setting 3
5-8 minutes

Alternative setting:

Cooking the potatoes:
Universal pan
4D hot air
160 °C
Cooking time: 55-65 minutes
When using 4D hot air, you can place the accessories on any level from 1 to 4.
Grilling:
Universal pan, level 4
Grill, large area, setting 3
5-8 minutes

Tip:

Other fillings: 125 g tuna, 1 tsp butter and chopped chives or 150 g sour cream and a crushed garlic clove or 75 g cooked, diced ham and 25 g grated cheese.



Yorkshire pudding

For 12 servings Muffin tin

Mixture:

200 ml milk
100 ml water
1 egg
125 g flour
Salt

In addition:

Lard for greasing the muffin tin

Per serving

176 kcal, 20 g carbs, 9 g fat, 5 g protein,
1,6 BU

1. Place the milk, water and egg in a mixing bowl and whisk with an egg whisk. Slowly add the flour and a pinch of salt and continue whisking until you have a smooth mixture. Leave to stand for 30 minutes.

2. Put approx. ¼ tsp lard in each recess of the muffin tin. Place the dish into the oven and preheat.

3. Distribute the dough evenly in the hot muffin tin and bake as indicated.

Setting procedure:

Muffin tin on the wire rack, level 2
Top/bottom heating
200 °C
Preheat
Cooking time: 30-40 minutes



Herb polenta

For 4 servings
Medium ovenproof dish

Polenta:

250 ml vegetable stock
250 ml milk
150 g polenta
1 tsp herbs, chopped, e.g. thyme, sage
or rosemary
100 ml cream
60 g Parmesan, freshly grated

In addition:

1 tsp olive oil for the dish

Per serving

327 kcal, 32 g carbs, 17 g fat,
12 g protein, 2,7 BU

1. Use the oil to grease a heat-resistant ovenproof dish.
2. Add vegetable stock and milk to the dish and stir in the polenta. Add the chopped herbs and cook the polenta as indicated.

3. Mix the cream and Parmesan into the polenta and leave to rest in the oven for another 10 minutes.

Setting procedure:

Ovenproof dish on the wire rack, level 2
4D hot air
130 °C
Added steam, high
Cooking time: 25-30 minutes

Alternative setting:

Ovenproof dish on the wire rack
4D hot air
130 °C
Cooking time: 25-30 minutes
When using 4D hot air, you can place the accessories on any of the levels from 1 to 4.



Spaghetti mushroom nests

For 4 servings
12-cup muffin tin

Spaghetti:
300 g spaghetti
2 tbsp olive oil

Mushroom mixture:
5 g dried porcini mushrooms
100 g fresh button mushrooms
1 shallot
15 g butter
1 clove garlic
2 eggs
Salt
Pepper, freshly ground
50 ml cream
Nutmeg, freshly grated

In addition:
2 tbsp parsley, chopped
Butter for greasing

Per serving
455 kcal, 54 g carbs, 20 g fat,
15 g protein, 4,5 BU

1. Cook the spaghetti until 'al dente', drain, and immediately stir in 2 tbsp olive oil.
2. Let the porcini mushrooms soften in lukewarm water.
3. Rinse the button mushrooms, trim them and finely dice them. Peel and finely dice the shallot. Drain the porcini mushrooms and cut into small pieces.
4. Heat the butter in the frying pan. Add and sweat the shallot and crushed garlic. Add the button mushrooms and porcini mushrooms to the frying pan and sweat. After cooking, allow to cool.

5. Mix the eggs with salt, pepper, cream and nutmeg and mix into the cooled mushroom mixture. Then mix with the spaghetti.

6. Grease the muffin tin with a little butter. Use a meat fork to twist the spaghetti into small nests and place in the muffin tin.

7. Add the remaining mushroom mixture to the nests and distribute the remaining liquid evenly into the moulds. Bake as indicated.

8. After cooking, remove the mushroom nests from the tin and serve sprinkled with parsley.

Setting procedure:

Muffin tin on the wire rack, level 2
4D hot air
140 °C
Added steam, high
Cooking time: 25-30 minutes

Alternative setting:

Muffin tin on the wire rack
4D hot air
140 °C
Cooking time: 25-30 minutes
When using 4D hot air, you can place the accessories on any of the levels from 1 to 4.



Pasta snails

For 4 servings
Medium ovenproof dish

Filling:

2 onions
2 garlic cloves
6 tbsp olive oil
500 g fresh spinach leaves
Salt
Nutmeg, freshly grated
300 g goat's cheese
1 egg
Pepper, freshly ground

Pasta:

300 g fresh pasta dough
350 ml stock

For sprinkling:

100 g grated cheese

In addition:

A little flour for the tea towel
Cooking oil for the dish

Per serving

700 kcal, 55 g carbs, 39 g fat,
32 g protein, 4,5 BU

1. Peel and dice the onions and garlic and sweat them until translucent in 3 tbsp olive oil. Add the trimmed spinach and steam. Season to taste with salt and freshly grated nutmeg.

2. Stir in goat's cheese and egg with 3 tbsp olive oil. Season with plenty of pepper and a little salt.

3. Roll out the pasta dough onto a flour-covered tea towel so that it is 30x40 cm. Brush with the cream cheese and distribute the spinach on top. Using the towel, roll the dough up from the long side and cut into 8 equally sized pieces.

4. Place the rolls alongside each other into a greased dish with the cut side facing upwards.

5. Heat the stock and pour into the dish.

6. Sprinkle the rolls with cheese and bake as indicated.

Setting procedure:

Ovenproof dish on the wire rack, level 2
4D hot air
180 °C
Added steam, medium
Cooking time: 30-35 minutes

Alternative setting:

Ovenproof dish on the wire rack
4D hot air
180 °C
Cooking time: 30-35 minutes
When using 4D hot air, you can place the accessories on any level from 1 to 4.



Vegetable bread muffins

For 12 servings Muffin tin

Mixture:

2-3 garlic cloves
2-3 tbsp fresh or frozen Mediterranean herbs
6 tbsp olive oil
250 g root vegetables, e.g. celeriac, carrots, parsley root
500 g wheat flour, type 550
2 sachets dried yeast
Approx. 350 ml water, warm
1 tsp sugar
100 g Parmesan, freshly grated
Salt
Black pepper, freshly ground
Nutmeg, freshly grated

In addition:

Butter for the muffin tray and flour for dusting or paper moulds

Per serving

252 kcal, 32 g carbs, 10 g fat, 8 g protein, 2,7 BU

1. Peel the garlic and chop it finely, then sweat it briefly in 2 tbsp olive oil with the finely chopped herbs.
2. Trim, wash and, if necessary, peel the vegetables, then grate them roughly.
3. Mix the flour and the yeast. Add the lukewarm water and sugar. Knead together with the Parmesan, the mixed herbs, 4 tbsp olive oil and the grated vegetables. Season to taste with salt, pepper and freshly grated nutmeg. Leave to prove in a warm place whilst covered.

4. Split the dough into 12 pieces and form into balls. Place into a muffin tin which has been greased and covered in flour or lined with paper moulds and leave to prove for another 20 minutes. Bake as indicated.

Setting procedure:

Muffin tin on the wire rack, level 2
4D hot air
180 °C
Added steam, low
Baking time: 40-45 minutes

Alternative setting:

Muffin tin on the wire rack
4D hot air
180 °C
Baking time: 40-45 minutes
When using 4D hot air, you can place the accessories on any level from 1 to 4.

Tip:

You can also leave the dough to prove in the oven. To do so, set the heating type "Dough proving" and the temperature at 40 °C.



Cauliflower bake

For 6 servings
Large ovenproof dish

Vegetables:

600 g potatoes
1 small floret cauliflower, approx. 1 kg
Salt
20 g butter
1 red pepper or 1 bunch spring onions

Béchamel sauce:

1 onion
40 g butter
40 g flour
300 ml milk
300 ml cream
Salt
Black pepper, freshly ground
Nutmeg, freshly grated

For sprinkling:

100 g bacon
150 g cheese, e.g. medium mature
Gouda

In addition:

Butter for greasing

Per serving

556 kcal, 30 g carbs, 41 g fat,
17 g protein, 2,5 BU

1. Wash and peel the potatoes, and cut into slices approx. 5 mm thick. Wash and trim the cauliflower and divide into small florets. Put both into a saucepan, fill with water so that it just covers the vegetables and add salt. Add the butter and allow to boil for 5 minutes. Then strain and leave to dry well.

2. Wash the peppers or spring onions. Halve and core the peppers, then cut them into strips, or remove the stalk from the spring onions and cut them into rings.

3. For the sauce, peel the onions and dice them. Heat the butter in a saucepan and sweat the diced onions in it for approx. 3 minutes. Add the flour and stir well. Deglaze with milk and cream and bring to the boil whilst stirring. Let the sauce simmer until it starts to thicken. Season to taste with salt, pepper and nutmeg.

4. Grease the ovenproof dish. Add the sliced potatoes, cauliflower and peppers or spring onions to the dish and pour the Béchamel sauce over it.

5. Cut the bacon into strips and cut the cheese into cubes. Scatter both over the bake. Bake as indicated.

Setting procedure:

Ovenproof dish on the wire rack, level 2
Top/bottom heating
180 °C
Added steam, medium
Cooking time: 30-35 minutes

Alternative setting:

Ovenproof dish on the wire rack, level 2
Top/bottom heating
180 °C
Cooking time: 30-35 minutes

Tip:

The Béchamel sauce will become less substantial if you only use 100 ml cream and 500 ml milk.



Asparagus tortilla

For 4 servings

Pizza tray, diameter 30 cm

Asparagus mixture:

2 shallots
150 g serrano ham
250 g white asparagus
250 g green asparagus
2 tbsp olive oil
1 tsp lemon juice
2 tbsp fresh parsley or fresh chervil, chopped
30 g pitted black olives

Egg mixture:

8 eggs
1 tsp medium-hot mustard
Sea salt
Pepper, freshly ground

In addition:

Olive oil for the baking tray

Per serving

340 kcal, 6 g carbs, 24 g fat,
25 g protein, 0,5 BU

1. Peel and finely dice the shallots. Cut the ham into strips.

2. Peel the whole of the white asparagus, peel the lower third of the green asparagus and cut off the ends. Cut the spears diagonally into pieces approx. 4 cm long.

3. Heat the olive oil in a frying pan and sweat the shallots in it. Add the ham strips and the pieces of asparagus to the shallots and sweat with them briefly. Add the lemon juice, parsley and olives and season the mixture to taste.

4. Grease the pizza tray with olive oil and distribute the asparagus mixture on it.

5. Whisk the eggs and season them well with mustard, sea salt and pepper.

6. Pour over the asparagus mixture and bake the tortilla as indicated.

Setting procedure:

Pizza tray on the wire rack, level 2

Top/bottom heating

190 °C

Cooking time: 30-35 minutes

Tip:

When served as a main meal, the tortilla is enough for two servings.

Try using Spanish chorizo sausage, cut into small cubes instead of serrano ham to give a different taste.



Potato and vegetable cake

For 4 servings

Pizza tray, diameter 30 cm

Potato and vegetable mixture:

650 g potatoes
2 onions
3-4 tbsp flour
4 eggs
2 tbsp lemon juice
300 g broccoli
200 g courgettes
150 g red peppers
1 small red chilli pepper
Salt
Black pepper, freshly ground
Nutmeg, freshly grated
Sugar

Glaze:

1 bunch fresh chives
300 g crème fraîche
1 egg
150 g grated cheese,
e.g. medium mature Gouda

In addition:

Butter for greasing the baking tray

Per serving

670 kcal, 50 g carbs, 39 g fat,
30 g protein, 4,1 BU

1. Peel and finely grate the potatoes and onions. Stir in the flour and eggs. Add the lemon juice and leave the mixture to stand for approx. 15 minutes.

2. In the meantime, trim and wash the vegetables, halve and core the peppers and chilli. Cut the vegetables finely, mix into the potato mixture and season generously.

3. Put the vegetable and potato mixture onto the greased pizza tray and smooth it out. Partially bake as indicated.

4. Rinse the chives in cold water, shake dry, cut into little rolls, and stir into a smooth mixture with crème fraîche, egg and cheese. Spread the mixture onto the part-baked vegetable cake and bake as indicated.

Setting procedure:

Pizza tray on the wire rack, level 2
Top/bottom heating
200 °C
Added steam, low
Initial baking: 20 minutes
Final baking: 25-30 minutes

Alternative setting:

Pizza tray on the wire rack, level 2
Top/bottom heating
200 °C
Initial baking: 20 minutes
Final baking: 25-30 minutes



Salmon lasagne

For 2 servings
Medium ovenproof dish

Béchamel sauce:

1 onion
20 g butter
1 heaped tbsp flour
300 ml milk, cold
150 ml cream, cold
Salt
Pepper, freshly ground
2 tbsp lemon juice

Lasagne:

1 large kohlrabi
½ bunch dill
200 g smoked salmon, sliced
6-8 lasagne sheets
50 g Emmental, finely grated

In addition:

Butter for greasing

Per serving

797 kcal, 63 g carbs, 35 g fat,
56 g protein, 5,2 BU

1. For the Béchamel sauce, finely dice the onion and sweat in the butter until translucent. Add the flour and sweat. Pour in the milk and cream. Season the sauce generously with salt, pepper and lemon juice and boil down for about 10 minutes.

2. Trim, wash, peel and halve the kohlrabi. Cut it crosswise into very thin slices. Blanch in boiling salt water.

3. Grease the dish.

4. Rinse the dill. Set a couple of nice sprigs aside and finely chop the rest and stir into the sauce.

5. Cover the base of the dish with Béchamel sauce. Then alternately layer kohlrabi slices, sliced smoked salmon and lasagne sheets on top of each other. Pour the Béchamel sauce between the layers. Finally, pour the remaining sauce over the top, sprinkle with the Emmental cheese and bake the lasagne as indicated.

6. Garnish the cooked lasagne with the remaining dill sprigs.

Setting procedure:

Ovenproof dish on the wire rack, level 2
Top/bottom heating
180 °C
Added steam, medium
Cooking time: 40-50 minutes

Alternative setting:

Ovenproof dish on the wire rack, level 2
Top/bottom heating
190 °C
Cooking time: 40-50 minutes



Courgette gratin with black olives

For 2 servings
Medium ovenproof dish

Gratin:

250 g pasta, penne or rigatoni
30 g pine nuts
40 g shallots
40 g spring onions
500 g small courgettes
250 g cherry tomatoes
30 g pitted black olives
5 tbs olive oil
2 small garlic cloves
1 sprig rosemary
1 sprig thyme
Sea salt
Black pepper, freshly ground
A little sugar
50 g Parmesan

In addition:
Olive oil for the dish

Per serving
1037 kcal, 83 g carbs, 58 g fat,
50 g protein, 6,9 BU

1. Bring plenty of salted water to the boil and cook the pasta until almost 'al dente'. Pour into a sieve and catch 200 ml of the water used to cook the pasta. Rinse the pasta with cold water. Place the pasta and the water used to cook it to one side.
2. Toast the pine nuts in a frying pan without oil, remove and also place to one side.
3. Peel and finely dice the shallots. Wash the spring onions and cut into fine rings. Wash, trim and halve the courgettes lengthwise. Cut into thin slices lengthwise using a potato peeler. Wash the cherry tomatoes and cut them into quarters. Chop the olives finely.

4. Heat the olive oil in the frying pan. Add the garlic cloves and herbs to it and sweat them. Remove the garlic cloves and herbs once more.

5. Add the courgette slices, shallots and spring onions to the frying pan and sweat them briefly. Season with salt, pepper and sugar.

6. Add the drained pasta, olives, quartered tomatoes, pine nuts and water used to cook the pasta, stir together and season well to taste.

7. Grease the base of the ovenproof dish and fill with the pasta mixture. Scatter the grated Parmesan over it and bake the gratin as indicated.

Setting procedure:

Ovenproof dish on the wire rack, level 2
Top/bottom heating
210 °C
Cooking time: 20-25 minutes



Rigatoni with tomato sauce

For 4 servings
Large ovenproof dish

Rigatoni:

250 g pasta, rigatoni or penne
1 red pepper, approx. 150 g
1 green pepper, approx. 150 g
250 g green asparagus
1 medium onion
20 g butter or olive oil
Sea salt
Pepper, freshly ground
Sugar
400 ml tomato sauce
2 tbsp frozen herbs

For sprinkling:
60 g Pecorino cheese, freshly grated

In addition:
Butter or olive oil for the dish

Per serving
455 kcal, 46 g carbs, 19 g fat,
24 g protein, 3,8 BU

1. Cook the pasta in plenty of salted water until almost 'al dente', rinse in cold water and leave to dry off well.

2. Wash, halve, core and trim the peppers. Cut them into cubes 1 cm in size. Peel the lower third of the asparagus and cut into pieces 2 cm long. Peel and finely dice the onion. Melt the butter and sweat the onions in it until translucent. Add the pepper cubes and asparagus and sweat them briefly too. Season with sea salt, pepper and sugar.

3. Mix the pasta with the sweated vegetables and the sauce. Add the frozen herbs and season to taste once again.

4. Grease the ovenproof dish, fill with half of the pasta mixture and sprinkle with half of the Pecorino cheese. Distribute the rest of the pasta on top and sprinkle with the remaining Pecorino cheese. Bake as indicated.

Setting procedure:

Ovenproof dish on the wire rack, level 2
Circulated air grilling
160 °C
Added steam, medium
Cooking time: 25-30 minutes

Alternative setting:

Ovenproof dish on the wire rack, level 2
Circulated air grilling
190 °C
Cooking time: 20-25 minutes

Tip:

How to make tomato sauce yourself: finely dice a shallot and sweat in olive oil for 5 minutes with a clove of garlic. Wash 800 g fresh tomatoes, remove the stalks and cut the tomatoes into chunks. Leave to simmer uncovered for approx. 20 minutes in olive oil. Season with sea salt, freshly ground pepper and sugar. Pass through a sieve, add 3 tbsp of frozen Italian herbs and season to taste once again.

This dish is enough to serve 6 people as a side dish.



Dauphinoise potatoes - potato gratin

For 4 servings
Large ovenproof dish

Gratin:

1 kg predominantly waxy potatoes
Salt
Pepper, freshly ground
Nutmeg, freshly grated
100 g grated Emmental
200 ml cream
30 g butter

In addition:

1 clove garlic
Butter for greasing

Per serving

485 kcal, 41 g carbs, 30 g fat,
13 g protein, 3,4 BU

1. Peel the garlic cloves and halve them. Rub the dish with the garlic and then grease it.
2. Wash, peel and slice the potatoes thinly and evenly into slices of approx. 3 mm thickness.
3. Layer half of the potato slices into the dish, season and sprinkle with approx. 50 g cheese. Layer the second half into the dish, sprinkle with the remaining cheese and season again.

4. Season the cream with salt and nutmeg. Pour the cream over the potatoes and add small flakes of butter. Bake the gratin as indicated.

Setting procedure:

Ovenproof dish on the wire rack, level 2
Circulated air grilling
170 °C
Added steam, medium
Cooking time: 60-70 minutes

Alternative setting:

Ovenproof dish on the wire rack, level 2
Circulated air grilling
170 °C
Cooking time: 60-80 minutes

Tip:

Layer the gratin no deeper than 2 cm in the dish. If you are using larger quantities, use the universal pan. For deep gratins, you should use top/bottom heating instead of circulated air grilling. Try varying the dish by adding layers of courgette or apple slices in alternation with the potatoes.





Fish



Trout with herbs cooked on the baking tray

For 4 servings Universal pan

Fish:

50 g fresh rosemary
50 g fresh lemon thyme
50 g fresh tarragon
50 g fresh oregano
5 tbsp olive oil
Chilli salt
1 tbsp lemon pepper
3-4 tbsp mixed peppercorns
4 fresh trout, approx. 300 g each,
oven-ready
1 organic lemon
Sea salt
4 sprigs curly-leaf parsley
1 tsp cocoa powder
30 g butter

Per serving

564 kcal, 5 g carbs, 32 g fat,
63 g protein, 0,4 BU

1. Prepare the herbs, rinse and shake dry. Chop half of the herbs finely and put to one side.

2. Add olive oil to the universal pan to cover the bottom. Sprinkle chilli salt, lemon pepper and mixed pepper over the top. Sprinkle all the herbs evenly on top.

3. Rinse the trout briefly in cold water and pat dry with kitchen towel. Wash the lemon in hot water, dry it off, grate the zest and squeeze the lemon. Drizzle the trout with lemon juice and season with sea salt both inside and out. Place a sprig of parsley inside each trout and add a little lemon zest.

4. Place the trout into the universal pan. Strew the chopped herbs on top, sprinkle with cocoa powder and add knobs of butter. Cook as indicated.

Setting procedure:

With meat probe
Universal pan, level 2
4D hot air
190 °C
Core temperature 70 °C

Alternative setting:

Universal pan
4D hot air
190 °C
Roasting time: 40-45 minutes
When using 4D hot air, you can place the accessories on any level from 1 to 4.

Tip:

The lemon zest will give the fish a fresh flavour that isn't sour.



Sea bream in a herby salt crust

For 4 servings Universal pan

Fish:

2 sea bream, approx. 400 g each
2-3 tbsp lemon juice

Crust:

2.5-3 kg coarse sea salt
50 g chilli salt
30 g fresh lemon thyme
2 sprigs rosemary

Per serving

158 kcal, 1 g carbs, 2 g fat, 35 g protein,
0 BU

1. Remove the sea bream, rinse briefly under cold water and pat dry with kitchen towel. Drizzle the inside and outside with lemon juice.

2. Mix the sea salt well with the chilli salt.

3. Rinse the herbs and shake dry. Pluck the leaves from the lemon thyme and add to the salt.

4. Sprinkle a layer of the salt mixture appropriate to the size of the fish over the universal pan.

5. Place the sea bream on top, add a sprig of rosemary to each fish and cover the tops and sides with the remaining salt. Moisten the surface with water, and cook the fish as indicated.

Setting procedure:

Universal pan, level 2
Top/bottom heating
180 °C
Cooking time: 40-50 minutes

Tip:

The sea bream is also called gilthead sea bream, and belongs to the perch family.
This fish is excellent for frying and grilling.



Pike-perch with bacon, potatoes and lentils

For 4 servings
Large ovenproof dish

Lentils:

2 onions
1 clove garlic
300 g parsley root
1 tbsp olive oil
200 g brown mountain lentils
3 tbsp Pernod or apple juice
2 bay leaves
3 cloves
750 ml vegetable stock
2 tbsp balsamic vinegar

Fish:

1 oven-ready pike-perch, 1.1 kg
1 lemon
1 tbsp cooking oil
Salt
100 g bacon, very thinly sliced
3 sprigs sage

Potatoes:

500 g small potatoes
2 tbsp cooking oil, salt

In addition:

1 bunch parsley
1 lemon
20 g butter
Salt, pepper, freshly ground
Cooking oil for the dish

Per serving

733 kcal, 55 g carbs, 25 g fat,
67 g protein, 4,5 BU

1. Peel the onion, garlic and parsley roots and cut into slices. Heat 1 tbsp cooking oil in a saucepan and sweat the vegetables in it.

2. Add the washed lentils, Pernod, bay leaves and cloves. Pour in the stock and let it all simmer at a medium heat for approx. 30 minutes. Then add the vinegar.

3. In the meantime, briefly rinse the pike-perch on the inside and outside under cold water, pat dry and make several diagonal cuts into it on both sides. Drizzle the juice of a lemon and 1 tbsp oil over it and add salt. Wrap the fish in strips of bacon. Slide the sage leaves in under the strips of bacon.

4. Peel and quarter the potatoes, mix with 2 tbsp oil and add salt. Distribute the potatoes in the greased ovenproof dish.

5. Briefly sear the fish on one side. Add to the potatoes with the seared side underneath and cook as indicated.

6. Finely chop the parsley leaves. Mix the remaining lemon juice, parsley and small flakes of butter with the lentils. Season with salt and pepper to taste. Serve with the potatoes as an accompaniment to the fish.

Setting procedure:

Ovenproof dish on the wire rack, level 2
Top/bottom heating
200 °C
Added steam, medium
Cooking time: 20-30 minutes

Alternative setting:

Ovenproof dish on the wire rack
4D hot air
200 °C
Preheat
Cooking time: 25-35 minutes
When using 4D hot air, you can place the accessories on any of the levels from 1 to 4.



Filled salmon fillet

For 2 servings
Medium ovenproof dish

Filling:

2 shallots
1 organic orange
20 g butter, melted
70 g fresh breadcrumbs, e.g. the inside
of toasted sliced bread
1 tbsp fresh dill, chopped
1 tbsp fresh parsley, chopped
Salt
Pepper, freshly ground

Fish:

2 salmon fillets, 250 g each
Pepper, freshly ground

In addition:

20 g butter, melted
Kitchen string

Per serving

264 kcal, 9 g carbs, 13 g fat,
27 g protein

1. For the filling, peel the shallots and dice finely. Wash the orange in hot water, dry it, and grate the zest. Heat the butter and sweat the diced shallots. Add the breadcrumbs, herbs, salt, pepper and orange zest.

2. Rinse the salmon fillets briefly in cold water and pat dry.

3. Season one salmon fillet, place with the side with the skin facing down and add the filling. Place the second fillet on top with the side with the skin facing up. If you wish, you can remove the skin first.

4. Carefully tie the fillets together with kitchen string and brush all over with melted butter. Place the salmon into the dish and cook as indicated.

5. Remove kitchen string before serving.

Setting procedure:

With meat probe
Ovenproof dish on the wire rack, level 2
4D hot air
200 °C
Core temperature 63 °C

Alternative setting:

Ovenproof dish on the wire rack
4D hot air
200 °C
Cooking time: 45-50 minutes
When using 4D hot air, you can place the accessories on any level from 1 to 4.

Tip:

Serve with Hollandaise sauce, seasoned with zest.



Fish parcels in chard leaves with a wine sauce

For 4 servings
Medium ovenproof dish

Fish parcels:

400 g salmon fillet, fresh or defrosted
4 scallops, approx. 30 g each
8 large chard leaves
1 tsp baking powder
1 organic lemon
1 tsp sea salt
250 ml cream, well chilled
A little cayenne pepper
1 tbsp parsley, chopped

Sauce:

100 ml dry white wine
100 ml fish stock
100 g double cream
2 generous pinches saffron powder
1 generous pinch allspice
1 generous pinch nutmeg, freshly ground

Per serving

465 kcal, 5 g carbs, 34 g fat,
31 g protein, 0,4 BU

1. Rinse the salmon fillet and scallops briefly under cold water and pat dry with kitchen towel. Dice the salmon fillet and leave to freeze for approx. 30 minutes.

2. Carefully wash the chard leaves and remove from the thick stem if necessary. Briefly parboil the leaves in boiling salted water with the baking powder. Rinse in cold water and leave to dry.

3. Wash the organic lemon with hot water and dry it. Grate a little of the zest and squeeze 1 tbsp of lemon juice. Purée the salmon fillet with sea salt. Slowly pour in the cream and season the salmon mixture to taste with salt, cayenne pepper, lemon juice and a little grated lemon zest.

4. Lay 2 chard leaves on top of each other. Season the scallops and roll them in chopped parsley. Wrap each scallop in a quarter of the salmon mixture and roll up in the chard leaves. Place the fish parcels into the ovenproof dish.

5. Mix white wine, fish stock and double cream together. Season the sauce, pour it over the fish parcels and cook as indicated.

Setting procedure:

Ovenproof dish on the wire rack, level 2
4D hot air
160 °C
Added steam, high
Cooking time: 30-35 minutes

Alternative setting:

Ovenproof dish on the wire rack, level 2
Top/bottom heating
200 °C
Cooking time: 30-35 minutes

Tip:

Add a little baking powder to the blanching water. This will ensure that the colour of the vegetables remains more vibrant and intense.



Fried fish fillet with sweet and sour Asian vegetables

For 4 servings

Baking tray

Fried fish fillet:

4 fresh cod fillets, 160 g each

½ lemon

Sea salt, lemon pepper

4 sheets filo pastry or 'yufka' dough,
approx. 160 g, frozen or fresh

1 egg yolk

1 tbsp milk

100 g butter

A few coriander leaves

Vegetables:

1 small clove garlic

2 slices fresh ginger

2 sticks lemongrass

2 spring onions

2 stalks celery

200 g pak choi or Chinese cabbage

1 red pepper, 1 yellow pepper

400 g fresh pineapple

2 tbsp peanut oil

1 tbsp sesame oil, toasted

10 g cornflour

100 ml pineapple juice

100 ml mild vegetable stock

Salt, pepper, freshly ground

2-3 tbsp lime juice, sugar

In addition:

Greaseproof paper

Per serving

631 kcal, 43 g carbs, 35 g fat,

35 g protein, 3,6 BU

1. Rinse the cod fillets briefly under cold water and pat dry with kitchen towel. Squeeze the lemon and drizzle the juice over the fish. Season with salt and lemon pepper.

2. Preheat the oven.

3. Leave the filo pastry to defrost as per the instructions on the packaging. Whisk the egg yolk and milk together. Melt the butter. Roll out one sheet of pastry, brush it with butter and fold it together into a size of approx. 30x20 cm. Place a coriander leaf onto one fish fillet, wrap it in the dough, press in the sides, brush with butter and form it into a parcel. Wrap each fish fillet in a sheet of pastry and brush with the egg yolk mixture. Place the fish parcels onto a baking tray lined with greaseproof paper and bake as indicated.

Setting procedure:

Baking tray, level 3

Top/bottom heating

210 °C

Preheat

Cooking time: 15-20 minutes

Tip:

Lemongrass doesn't cook and will not soften, it is only used as flavouring for a typically Asian taste element.

4. Peel the garlic clove and ginger for the vegetables. Crush the lemongrass slightly using the back of a knife blade and halve lengthwise. Trim the spring onions, celery, pak choi, peppers and pineapple and cut into pieces around 2 cm in size.

5. Heat up 1 tbsp peanut oil and sesame oil in a roaster. Fry the garlic, ginger and lemongrass in it. Add the vegetables gradually and fry them briefly. Finally, add the pineapple and braise the entire mixture for 10 minutes.

6. Sprinkle cornflour on the vegetables.

Add 1 tbsp peanut oil, pineapple juice and vegetable stock and season generously to taste with salt, pepper, lime juice and sugar. Remove the lemongrass from the vegetables. Serve the fish parcels together with the vegetables.



Summery fish bake

For 4 servings
Medium ovenproof dish

Fish bake:
6 medium-sized waxy potatoes
1 organic lemon
2 tomatoes
80 g pitted black olives
1 bunch flat-leaf parsley
600 g fish fillet, e.g. pollock
Salt
Pepper, freshly ground
3-5 tbsp olive oil

In addition:
Butter for greasing

Per serving
512 kcal, 35 g carbs, 25 g fat,
35 g protein, 2,9 BU

1. Wash and peel the potatoes and cut into slices. Heat salted water in a saucepan and parboil the potatoes.

2. Wash the lemon under hot water and rub dry. Wash the tomatoes. Cut the lemon and tomatoes into slices. Roughly chop the olives. Rinse the parsley in cold water, shake it dry and chop it up.

3. Grease the ovenproof dish.

4. Place the parboiled potato slices in the dish in layers. Place the olives and tomato slices onto the potatoes.

5. Rinse the fish fillets briefly under cold water and place onto the tomatoes. Season the whole dish with salt and pepper and sprinkle parsley on top. Finally, cover with the lemon slices.

6. Drizzle the bake generously with olive oil and cook as indicated.

Setting procedure:

Ovenproof dish on the wire rack, level 2
4D hot air
140 °C
Added steam, medium
Cooking time: 20-25 minutes

Alternative setting:

Ovenproof dish on the wire rack
4D hot air
140 °C
Cooking time: 20-25 minutes
When using 4D hot air, you can place the accessories on any level from 1 to 4.



Red snapper curry

For 4 servings

Large roaster with lid

Fish:

600 g red snapper fillet

Marinade:

½ lemon

1 tsp mild red curry paste (from the Asian section of supermarkets)

Sea salt

2 tbsp sunflower oil

Curry:

1 green pepper

1 red pepper

1 yellow pepper

500 g floury potatoes

200 g yellow courgettes

100 g celery

60 g spring onions

200 g pak choi or Chinese cabbage

1 fresh red chilli

10 g coconut oil

4 shallots

Sea salt

Curry paste

A little cayenne pepper

800 ml unsweetened coconut milk

Per serving

384 kcal, 33 g carbs, 12 g fat,

36 g protein, 2,8 BU

1. Rinse the fish briefly under cold water, pat dry with kitchen towel and cut into strips 1 cm wide.

2. For the marinade, squeeze half of the lemon, mix the juice with red curry paste, sea salt and 2 tbsp sunflower oil. Distribute over the strips of fish, mix well and leave to marinade in the refrigerator for around 30 minutes while covered.

3. Wash, halve and core the peppers. Peel the potatoes. Cut the peppers and potatoes into cubes of approx. 2 cm.

4. Trim and wash the courgettes, celery, spring onions, pak choi and chillies. Cut the courgettes into pieces approx. 2 cm long. Cut the celery and spring onions diagonally into slices approx. 1 cm wide. Cut the pak choi into strips.

Setting procedure:

Roaster with lid on the wire rack, level 2

Top/bottom heating

200 °C

Cooking time: 25-30 minutes

Tip:

Fry red, yellow or green curry paste with a little fat; only then will it develop its full aroma.

5. Heat up the coconut oil in the roaster. Briefly sear the marinated strips of fish in the hot oil, remove and place to one side.

6. Peel the shallots, dice them finely and fry them in the coconut oil. Sweat the celery and spring onions with them. Add the peppers, courgettes, potatoes, pak choi and the chillies. Season generously to taste with sea salt, curry paste and cayenne pepper.

7. Deglaze with the coconut milk and add the fish once again. Put the lid on and cook the curry in the oven as indicated.





Poultry and meat



Fruity turkey roulades

For 6 servings Universal pan

Roulade:

250 g button mushrooms
3 onions
4 tbsp rapeseed oil
20 g butter
6 thin turkey escalopes,
approx. 120 g each
Salt
Black pepper, freshly ground
1½ tsp ground paprika
12 thin slices bacon

Sauce:

20 g butter
1 tsp sugar
200 ml vegetable stock
100 ml white wine
5 dried apricots
Salt
Pepper, freshly ground

In addition:

Kitchen string or cocktail sticks

Per serving

345 kcal, 5 g carbs, 18 g fat,
38 g protein, 0,4 BU

1. Rinse the button mushrooms with cold water, pat them dry and trim them. Peel the onions and finely dice both ingredients. Heat up 1 tbsp cooking oil with the butter in a frying pan, and fry the button mushrooms with a third of the diced onions. Place the remaining diced onions to one side. Leave the mushroom mixture to cool down.

2. Rinse the turkey escalope briefly under cold water and pat dry with kitchen towel. If necessary, flatten it out a little more. To do so, place the escalope between 2 sheets of greaseproof paper and flatten using a meat tenderiser or a heavy saucepan. Brush the escalopes with oil, season with salt and pepper and sprinkle with paprika.

3. Cut the bacon into small pieces, place onto the turkey escalope and distribute the mushroom mixture on top. Roll the roulades up and seal each one using a cocktail stick or kitchen string.

4. Distribute half of the diced onions placed to one side with 2 tbsp oil in the universal pan and place the roulades on top.

5. Roast the roulades as indicated.

6. In the meantime, melt 20 g butter for the sauce, sweat the remaining diced onions and caramelise them with sugar. Deglaze with vegetable stock and wine, and add the diced apricots to the stock. Season with salt and pepper.

7. Deglaze the roulades with this sauce after 15 minutes of roasting and then roast until done.

8. Remove cocktail sticks or kitchen string from the roulades. Serve the turkey roulades with the fruity sauce.

Setting procedure:

Universal pan, level 2
4D hot air
160 °C
Added steam, low
Cooking time: 35-40 minutes

Alternative setting:

Universal pan
4D hot air
160 °C
Cooking time: 35-40 minutes
When using 4D hot air, you can place the accessories on any of the levels from 1 to 4.



Turkey breast with red onion sauce

For 6 servings
Medium roaster

Meat:

Approx. 1.4 kg turkey breast, skin-on, boneless

Sea salt

Black pepper, freshly ground

20 g clarified butter

Sauce:

250 g red onions

2 thin slices fresh ginger

½ organic orange

20 g icing sugar

50 ml balsamic vinegar

50 ml ruby port wine

500 ml poultry stock from a jar

20 g cornflour

Salt

Pepper, freshly ground

A little sugar

2 tbsp parsley, chopped

Per serving

598 kcal, 18 g carbs, 15 g fat,

93 g protein, 1,5 BU

1. Rinse the turkey breast briefly under cold water, pat dry with kitchen towel and season with sea salt and pepper.

2. Heat the clarified butter in the roaster and sear the meat all over.

3. Peel and quarter the onions. Finely dice the ginger. Wash the organic orange in hot water, dry it and also finely dice the peel of half of the organic orange.

4. Remove the meat from the roaster and place it to one side. Fry the onions, ginger and orange peel, sprinkle with icing sugar and caramelise them. Deglaze with balsamic vinegar and port. Leave to reduce briefly and top up with 150 ml poultry stock.

5. Add the meat to the juices and braise as indicated.

6. Remove the meat after the end of the cooking time. Bring the sauce to the boil and pour in the rest of the poultry stock.

7. Mix the cornflour with cold water and thicken the sauce with it. Season to taste with salt, pepper, sugar, balsamic vinegar and parsley. Serve the sauce with the meat.

Setting procedure:

With meat probe

Uncovered roaster on the wire rack, level 2

Circulated air grilling

170 °C

Core temperature 85 °C

Alternative setting:

Roaster with lid on the wire rack, level 2

Top/bottom heating

190 °C

Cooking time: 65-75 minutes

Tip:

If the piece of meat is too unevenly shaped, you can bind it together using kitchen string. To do so, first stretch the kitchen string over the meat lengthwise and tie it in a knot, without cutting it. Then tie the meat into a roll with approx. 2 cm between the strings, and tie the ends to each other.



Grilled chicken filled with herbs

For 4 servings

Universal pan with wire rack

Chicken:

2 chickens, 1.2 kg each

Pepper, freshly ground

Salt

2 small bunches fresh herbs, e.g.
rosemary, sage, thyme, marjoram

2 tsp lemon juice

For brushing:

2 tbsp cooking oil

Salt

Pepper, freshly ground

Paprika

Per serving

555 kcal, 1 g carbs, 32 g fat,

65 g protein, 0,1 BU

1. Rinse the chicken in cold water and pat dry with kitchen paper. Cut into two halves of equal size and remove the backbone.

2. Season the inside of each half of the chicken with salt and pepper. Rinse the herbs, shake dry and distribute in each half of the chicken. Drizzle lemon juice over them.

3. Place the halves of the chicken on the wire rack with the seasoned side facing down.

4. Mix the oil with the spices and baste each half of the chicken on the outside with the mixture.

5. Grill the chicken as indicated.

Setting procedure:

With meat probe

Universal pan with wire rack, level 2

Circulated air grilling

200 °C

Core temperature 85 °C

Alternative setting:

Universal pan with wire rack, level 2

Circulated air grilling

200 °C

Grilling time: 45-50 minutes

Tip:

If you halve the chicken before grilling, it won't need to be turned.



Chicken breast fillet with vegetable filling

For 4 servings Large ovenproof dish

Meat:

4 chicken breast fillets approx. 200 g each

Sea salt

Pepper, freshly ground

Vegetable mixture:

300 g spring onions

200 g red peppers

10 g butter

Salt

Pepper, freshly ground

150 g crème fraîche

For pouring:

250 ml poultry stock from a jar

1 tsp honey

Mange tout:

250 g mange touts

1 tsp butter

In addition:

Cocktail sticks

Per serving

453 kcal, 18 g carbs, 17 g fat,

55 g protein, 1,5 BU

1. Rinse the chicken breast fillets quickly under cold water and pat dry with kitchen towel. Using a knife, carefully cut down the side to create a pouch. Season with sea salt and pepper.

2. For the vegetable mixture, trim and wash the spring onions and pepper. Cut the spring onions into thin rings, and the pepper into cubes around 1 cm in size.

3. Melt the butter in a frying pan. Add the vegetables and sweat them briefly. Season with salt and pepper. Add crème fraîche and let the vegetable mixture cool down a little.

4. Fill each chicken breast fillet with 2 tbsp of the vegetable mixture, seal with a cocktail stick and place into the ovenproof dish. Pour in half of the poultry stock and cook as indicated.

5. In the meantime, dissolve the honey in the remaining poultry stock.

6. Wash the mange tout and remove any fibres. Melt a little butter in a frying pan and briefly sweat the mange tout.

7. After 40 minutes' cooking time, add the remaining vegetable mixture and the mange tout to the chicken breast fillets. Pour the mixture of honey and poultry stock over and cook until done.

Setting procedure:

With meat probe

Ovenproof dish on the wire rack, level 2

Circulated air grilling

180 °C

Core temperature 75 °C

Alternative setting:

Ovenproof dish on the wire rack, level 2

Circulated air grilling

180 °C

Grilling time: 50-55 minutes

Tip:

Depending on the season, you could also add fresh shoots to the vegetables and cook them as well, if necessary.



Moroccan chicken drumsticks with batonnet potatoes

For 6 servings

Baking tray and universal pan

Marinade and meat:

1 shallot
1-2 garlic cloves
1 fresh red chilli
1 organic lemon
2 tbsp coriander leaves, cut up fine
1 tbsp peppermint leaves, cut up fine
1 tsp cumin
1 tsp ground paprika
1 pack of ground saffron, 0.1 g
4 tbsp olive oil
1-2 tsp rose water
1 tsp sugar
Salt
12 chicken legs (chicken drumsticks),
approx. 120 g each

Potatoes:

600 g blue potatoes
4 tbsp olive oil
Salt

In addition:

2 organic limes
Greaseproof paper

Per serving

574 kcal, 18 g carbs, 35 g fat,
46 g protein, 1,5 BU

1. For the marinade peel the shallot and the cloves of garlic and chop finely. Wash the chilli pepper, prepare and slit lengthwise. Then core and cut up small. Wash the lemon in hot water, dry, grate the zest finely and squeeze out the juice. Mix together with the remaining ingredients for the marinade. Cover and leave the chicken drumsticks in the marinade for at least 2 hours.

2. For the batonnet potatoes wash the potatoes, peel and cut into small sticks. Mix with olive oil and add salt. Cover the baking tray with greaseproof paper and distribute the batonnet potatoes over it.

3. Arrange the marinated chicken drumsticks in the universal pan and cook as indicated together with the batonnet potatoes.

4. Wash the lime in hot water, dry and cut into wedges. Garnish the chicken drumsticks with the lime wedges before serving.

Setting procedure:

With meat probe
Baking tray, level 1,
Universal pan, level 3
Circulated air grilling
210 °C
Core temperature 90 °C

Alternative setting:

Baking tray, level 1,
Universal pan, level 3
Circulated air grilling
210 °C
Grilling time: 30-35 minutes



Grilled chicken breast fillets in a courgette crust

For 4 servings Universal pan

Meat:

4 chicken breast fillets, approx. 200 g each

Fine sea salt

Pepper, freshly ground

50 g medium mature Pecorino cheese, freshly grated

Courgette crust:

50 ml olive oil

Coarse sea salt

2 large courgettes

For drizzling:

1 lemon

1 pinch sugar

1 clove garlic

In addition:

Olive oil

Coarse sea salt

Fresh sprigs of rosemary

Per serving

361 kcal, 3 g carbs, 15 g fat,

54 g protein, 0,2 BU

1. Brush the universal pan with the remaining olive oil and sprinkle with coarse sea salt. Pluck the needles from the sprigs of rosemary and scatter in the universal pan.

2. Rinse the chicken breast fillets briefly under cold water, pat dry with kitchen towel and cut each one into 3 pieces. Season with salt and pepper and roll in Pecorino cheese.

3. Mix 50 ml olive oil with coarse sea salt.

4. Wash the courgettes and slice them lengthwise into wafer-thin slices.

5. Lay the courgette slices lengthwise next to each other, and carefully brush each slice with salted olive oil. Place the courgette slices so that they overlap one another. Place one piece of chicken onto the short side of the courgette, wrap it and place it into the universal pan. Prepare the remaining chicken breast fillet pieces in the same way and grill as indicated.

6. To serve, mix the juice of one lemon with a good pinch of sugar and press one clove of garlic into the mixture. Drizzle the mixture over the grilled chicken breast fillets.

Setting procedure:

With meat probe

Universal pan, level 2

Circulated air grilling

180 °C

Core temperature 75 °C

Alternative setting:

Universal pan, level 2

Circulated air grilling

180 °C

Roasting time: 25-30 minutes



Chicken bouillabaisse

For 4 servings
Large ovenproof dish

Bouillabaisse:

1 free-range chicken, approx. 1.3 kg
4 tomatoes or 1 pack chopped tomatoes
4 shallots
4 garlic cloves
1 small chilli pepper
3 fennel bulbs
5 sprigs parsley
1 bunch fresh thyme
3 tbsp olive oil
100 ml aniseed liqueur
1 pinch saffron
4 bay leaves
250 ml chicken stock
Salt
Pepper, freshly ground

Per serving

796 kcal, 11 g carbs, 44 g fat,
77 g protein, 0,9 BU

1. The bouillabaisse must be prepared at least 9 hours before cooking.
2. First rinse the chicken under cold water, pat dry and cut into 10 pieces.
3. Remove the stalks from the tomatoes. Finely dice the tomatoes and shallots. Crush the garlic cloves. Cut the chilli pepper into small pieces. Tear the fennel into small pieces. Rinse the parsley and thyme and shake dry.

4. Mix all the ingredients together in a large ovenproof dish. Leave to infuse covered in the refrigerator for at least 8 hours.

5. Take the dish out of the refrigerator and allow to stand for another 1 hour. Then cook the bouillabaisse as indicated without a lid.

6. Remove the parsley and thyme before serving.

Setting procedure:

Ovenproof dish on the wire rack, level 2
4D hot air
150 °C
Added steam, medium
Cooking time: 45-50 minutes

Alternative setting:

Ovenproof dish on the wire rack
4D hot air
150 °C
Cooking time: 45-50 minutes
When using 4D hot air, you can place the accessories on any level from 1 to 4.

Tip:

Excellent served with white bread or rice. White bread can be placed onto the wire rack with the bouillabaisse for the last 15 minutes of cooking time to bake.



Chicken pâté with pistachios

For 6 servings
Glass cake mould, 30 cm

Pâté:
500 g chicken breast,
from free-range chickens
250 g turkey breast ham, unsmoked
25 g shelled pistachios
2 eggs
50 ml cream
5 ml cognac
½ tsp sea salt
A little mixed pepper
200 g thinsmoked pork belly slices
A few small herb leaves, e.g. lemon
balm

In addition:
Butter for greasing

Per serving
397 kcal, 1 g carbs, 24 g fat,
44 g protein, 0,1 BU

1. Have the butcher finely chop the chicken breasts, or leave them to freeze slightly before chopping them finely in a chopper. Cut the turkey breast ham very finely and mix into the chicken breast mixture.

2. Cut the pistachios coarsely and place 1 tbsp of them to one side. Add the pistachios to the chicken mixture. Add eggs, cream, cognac, sea salt and mixed pepper to the mixture and stir until you have a smooth mixture.

3. Grease the cake tin slightly and sprinkle the pistachios you placed aside over it. Scatter the herb leaves over the base of the tin. Line the tin with the slices of pork belly. The slices must overlap evenly and protrude over the edge of the tin by half its height.

4. Fill the tin with the chicken, mixture, fold over the protruding pork belly slices and fold in firmly at the sides. To do so, slide a spoon between the edge of the tin and the filled mixture.

5. Cook the pâté enclosed by the pork belly slices as indicated.

6. Leave the cooked pâté to rest. Ideally, it should be left overnight to cool in the refrigerator. Only then should you take it out of the tin and slice it open.

Setting procedure:

With meat probe
Cake mould, glass, on the wire rack, level 2
4D hot air
160 °C
Core temperature 85 °C

Alternative setting:

Cake mould, glass, on the wire rack
4D hot air
160 °C
Cooking time: 45-50 minutes
When using 4D hot air, you can place the accessories on any level from 1 to 4.

Tip:

Serve the pâté warm or cold with apple sauce, poultry jus or salad.



Crispy ducks with baked apple stuffing

For 6 servings

Universal pan and wire rack

Meat:

2 fresh ducks without giblets, approx.

2.4 kg each

Approx. 15 g fresh marjoram

Sea salt

Pepper, freshly ground

60 g orange marmalade

Baked apple stuffing:

4 sour apples, e.g. Santana or Braeburn

20 g raisins

2 fresh dates, pitted

30 g marzipan

20 g chopped walnuts

Sauce:

500 ml duck stock from a jar or

poultry stock

Sea salt

Pepper, freshly ground

1 tbsp orange marmalade

1 tbsp cornflour

In addition:

Cocktail sticks

Kitchen string

Per serving

1123 kcal, 31 g carbs, 77 g fat,

28 g protein, 2,6 BU

1. Rinse the ducks briefly in cold water, clean well inside and pat dry with kitchen towel.

2. Rinse the marjoram, shake dry and remove the leaves. Season the ducks inside and out with sea salt, pepper and marjoram. Apply orange marmalade liberally to the inside of the ducks.

3. Wash the apples and remove the core to create a good sized hole. Chop the raisins, dates and marzipan and mix with the walnuts. Fill the apples with the raisin mixture.

4. Fill each duck with 2 apples, seal the opening with wooden skewers and tie up in a criss-cross pattern with kitchen string.

5. Place the ducks on the wire rack with the breast facing down and roast as indicated for 70 minutes. Turn after 40 minutes of this time.

6. After 70 minutes, continue roasting on the new setting as indicated. 10 minutes before the end of the cooking time, baste with the meat juices and roast until done.

7. Remove the roasted ducks from the oven, place into a separate dish and keep warm.

8. For the sauce, skim off the excess fat and put to one side. Add the duck stock to the universal pan. Use a brush to detach the solids in the juices adhering to the frying pan, add to a pot and heat on the hotplate. Season the sauce with sea salt, pepper and orange marmalade to taste. Mix the cornflour with cold water and thicken the sauce with it.

9. Divide the ducks into servings and serve with the sauce.

Setting procedure:

Universal pan with wire rack, level 2

4D hot air

170 °C

Roasting time: 70 minutes

then

Circulated air grilling

170 °C

Added steam, medium

Roasting time: 30-40 minutes

Alternative setting:

Universal pan with wire rack, level 2

4D hot air

170 °C

Roasting time: 70 minutes

then

Circulated air grilling

170 °C

Roasting time: 40-50 minutes



Oriental-style duck breast

For 4 servings

Universal pan with wire rack

Duck:

2 duck breast fillets, 300 g each

Salt

Pepper, freshly ground

Vegetables:

300 g carrots

1 bunch spring onions

1 tbsp cooking oil

150 ml chicken stock

5 tbsp soy sauce

2 tbsp sherry

1 walnut-sized piece of fresh ginger

100 g bamboo shoots

150 g mung bean sprouts

2 tsp maple syrup

Chilli powder

In addition:

¼ bunch fresh coriander

2 tbsp cashews, roasted

Per serving

524 kcal, 14 g carbs, 36 g fat,

36 g protein, 1,1 BU

1. Rinse the duck breast fillets briefly under cold water and pat dry with kitchen towel. Score the fat with a criss-cross pattern using a sharp knife. Rub with salt and pepper. Place the fillets onto the wire rack with the skin facing up and roast as indicated.

2. Peel the carrots and cut into slices diagonally. Trim and wash the spring onions, then cut them into quarters.

3. Add the oil to a frying pan. Fry the carrots and spring onions in the oil. Pour in the chicken stock, soy sauce and sherry. Press the peeled ginger through a garlic press and add to the mixture. Reduce, uncovered, for about 5 minutes.

4. Stir in the bean sprouts. Season to taste with maple syrup, salt, pepper and chilli powder.

5. Cut the duck breast fillets into thin strips and arrange on top of the vegetables. Wash the coriander and pick off the leaves. Garnish the fillets with coriander leaves and cashews.

Setting procedure:

With meat probe

Universal pan with wire rack, level 2

Circulated air grilling

230 °C

Core temperature 55 °C

Alternative setting:

Universal pan with wire rack, level 2

Circulated air grilling

230 °C

Grilling time: 25-30 minutes

Tip:

Dripping fat can cause smoke. To prevent this, pour 125 ml water into the universal pan.



Grilled goose with bread roll filling

For 6 servings

Universal pan with wire rack

Goose:

1 young goose, approx. 3 kg, fresh or defrosted

Salt

Pepper, freshly ground

Mugwort

Filling:

3 stale bread rolls

100 ml milk

3 eggs

Goose liver

Goose heart

1 onion

1 bunch flat-leaf parsley, freshly chopped

30 g butter

Nutmeg, freshly grated

In addition:

Cocktail sticks

Butter or salt water for brushing

Per serving

757 kcal, 13 g carbs, 52 g fat,
60 g protein, 1,1 BU

1. Remove the goose, discard the fat and cut out the rump gland. Rinse the goose under cold water and pat dry with kitchen towel. Season with salt and pepper and rub inside with mugwort.

2. Slice the bread rolls thinly and pour the hot milk over them. Mix together the eggs and bread rolls. Chop the giblets. Chop the onions, fry in butter with the giblets and the parsley, season to taste. Mix with the bread roll mixture. Fill the goose with it and seal the cavity with cocktail sticks.

3. Place the goose onto the wire rack with the breast side down and roast as indicated. Turn the goose after approx. 90 minutes.

4. To make the skin crispier, brush the goose with butter or salted water approx. 10 minutes before the end of the roasting time.

Setting procedure:

Universal pan with wire rack, level 2

Circulated air grilling

170 °C

Added steam, medium

Roasting time: 2 hr. - 2 hr. 20 min.

Alternative setting:

Universal pan with wire rack, level 2

Circulated air grilling

170 °C

Roasting time: 2 hr. - 2 hr. 30 min.

Tip:

You can seal the bird using the 'shoelace method'.

Pierce the opening with cocktail sticks and wrap string around these in a criss-cross pattern.

You can grill the goose in exactly the same way even if you have not stuffed it. In this case, the cooking time will be reduced by approx. 15 minutes.



Corn-fed chicken with herb butter

For 4 servings Universal pan

Herb butter:

60 g butter, soft
1 tbsp olive oil
3 tbsp frozen Italian herbs without onions
Salt
Pepper, freshly ground
Sweet paprika powder

Meat:

1 corn-fed chicken, 1.6 kg
Salt
Pepper, freshly ground

Per serving

811 kcal, 0 g carbs, 67 g fat,
53 g protein, 0 BU

1. Beat the butter with an egg whisk until creamy. Add the olive oil and herbs and mix. Season well with salt, pepper and paprika.

2. Rinse the chicken briefly in cold water and pat dry with kitchen towel. Season with salt and pepper both inside and out. Carefully detach the skin from the meat on the breast. Insert the herb butter between the skin and breast meat.

3. Place the chicken into the universal pan with the breast facing down and cook as indicated.

4. Turn after 30 minutes or so and roast until done.

Setting procedure:

Universal pan, level 2
Circulated air grilling
170 °C
Added steam, high
Cooking time: 60-65 minutes

Alternative setting:

Universal pan, level 2
Circulated air grilling
200 °C
Cooking time: 1 hr. 10 min. - 1 hr. 30 min.



Beef tenderloin in a herb crust

For 6 servings

Baking tray

Herb paste:

½ bunch flat-leaf parsley

1 sprig rosemary

½ bunch thyme

½ bunch marjoram

1 garlic clove

2-3 tbsp walnut oil

3 tbsp grainy mustard

Salt

Black pepper, freshly ground

Meat:

1 kg beef tenderloin, from the

centre-cut

2 tbsp olive oil

In addition:

Tin foil

Per serving

306 kcal, 2 g carbs, 17 g fat,

37 g protein, 0,1 BU

1. Rinse the herbs with cold water and shake dry. Pluck the leaves from the stems. Peel the garlic clove and chop finely together with the herbs.

2. Add to a small bowl and mix into a herb paste with the walnut oil, mustard, salt and pepper.

3. Rinse the tenderloin briefly under cold water and pat dry with kitchen towel. Heat the olive oil in a pan and sear the meat briefly all over.

4. Place the meat onto the baking tray, baste with the herb paste and roast as indicated.

5. After roasting, wrap in tin foil and leave to rest for approx. 10 minutes.

Setting procedure:

With meat probe

Baking tray, level 2

Circulated air grilling

180 °C

Core temperature: 60 °C

Alternative setting:

Baking tray, level 2

Circulated air grilling

180 °C

Cooking time: 40-50 minutes



Rib eye

For 4 servings Universal pan

Marinade:

60 ml water
25 ml dark soy sauce
1 tbsp water
75 ml bourbon whiskey
2 tbsp Worcester sauce
2 tsp lemon juice
1 tbsp brown sugar

Meat:

2 rib eye steaks, 500 g each
2 tbsp clarified butter

For seasoning:

Salt
Black pepper, freshly ground
Nutmeg, freshly grated

Per serving

523 kcal, 6 g carbs, 26 g fat,
56 g protein, 0,5 BU

1. Mix all the ingredients for the marinade together the day before.

2. Rinse the steaks briefly under cold water and pat dry with kitchen towel. Leave in the marinade for at least 24 hours. Turn several times.

3. Remove the meat the next day and place the marinade to one side.

4. Heat the clarified butter in a frying pan and sear the meat in the hot fat for approx. 3 minutes on each side.

5. Place the meat into the universal pan and roast as indicated.

6. For the sauce, take the remaining marinade and let it simmer in a small saucepan until it becomes syrup-like. When the meat is done, add the meat juices to the sauce, season to taste once again and serve with the meat.

Setting procedure:

With meat probe
Universal pan, level 2
Top/bottom heating
140 °C
Core temperature 57 °C

Alternative setting:

Universal pan, level 2
Top/bottom heating
140 °C
Cooking time: 30-35 minutes



Topside of beef with pearl onion sauce

For 6 servings
Large roaster with lid

Meat:

2 kg topside of beef, trimmed and
skinned
Salt
Black pepper, freshly ground
1 tbsp flour
50 g clarified butter

Sauce:

50 g sugar
4 tbsp tarragon vinegar
200 g shallots
80 g butter
340 g pearl onions from a jar
20 g cornflour
Salt
Pepper, freshly ground

Per serving

787 kcal, 22 g carbs, 48 g fat,
67 g protein, 1,8 BU

1. Rinse the meat briefly in cold water and pat dry with kitchen towel. Rub with salt and pepper and sprinkle with flour. Heat clarified butter in a roaster and sear the meat all over until crispy. Remove from the roaster.

2. Let the sugar caramelize in the frying fat and deglaze by stirring thoroughly with tarragon vinegar. Peel the shallots. Add butter, shallots and the pearl onions with the onion broth. Place the meat on top, put the lid on the roaster and roast as indicated.

3. After approx. 40 minutes, remove the pearl onions and place them to one side. After this, pour the meat juices over the meat several times and turn it regularly. If required, top up with a little water.

4. At the end of the cooking time, remove the meat from the roaster and keep it warm. Using a brush, remove the meat juices from the edge, top up with approx. 500 ml water and bring to the boil.

5. Dissolve the cornflour in a little water, stir into the sauce and leave to simmer a while longer.

6. Pour the sauce through a fine sieve and season to taste with salt, pepper and tarragon vinegar. Add the pearl onions to the sauce and heat everything up once more. Serve the sauce together with the meat.

Setting procedure:

Roaster with lid on the wire rack, level 2
Top/bottom heating
190 °C
Cooking time: 3 hr. - 3 hr. 10 min.



Herb-stuffed breast of veal

For 6 servings

Universal pan

Meat with filling:

1.2 kg breast of veal with a pouch cut into it (order from butcher in advance)

200 g veal bones, chopped up

Salt

Pepper, freshly ground

½ bunch mixed herbs for Frankfurt

green sauce (chervil, borage, lemon balm, burnet, parsley, sorrel and chives, in equal parts, total approx. 100 g)

4 slices bread

125 ml milk, warm

½ organic lemon

3 shallots

3 egg yolks

25 g clarified butter

1 bunch soup vegetables

600 ml meat stock

150 ml cream

In addition:

Kitchen string

Needle

Per serving

286 kcal, 1,4 g carbs, 13 g fat,

40 g protein, 0,1 BU

1. Rinse the breast of veal briefly in cold water and pat dry. Rub salt and pepper into the meat both inside and out.

2. Rinse the mixed herbs, shake dry and chop finely. Cut the bread into pieces and soak in milk. Wash the half lemon in hot water and grate the zest.

3. Peel the shallots and cut into very small pieces. Squeeze out the excess liquid from the softened bread and mix with the chopped herbs, diced shallots, egg yolk and lemon zest. Season with salt and pepper to taste. Stuff the breast of veal with the mixture and sew up. Sear the meat and bone in hot clarified butter on all sides.

4. Trim the soup vegetables and cut into pieces around 2 cm in size. Add the diced vegetables to the universal pan, place the meat and bone on top and pour over the remaining frying fat. Add half of the stock and cook as indicated.

5. Take out the cooked joint, cover and leave to rest for 5 minutes. In the meantime, pass the meat juices with the vegetables through a sieve into a saucepan, add the rest of the stock and reduce by boiling with the cream. Cut the meat into slices and serve with the sauce.

Setting procedure:

With meat probe

Universal pan, level 2

Circulated air grilling

180 °C

Core temperature: 80 °C

Alternative setting:

Universal pan, level 2

Circulated air grilling

180 °C

Cooking time: 70-80 minutes



Veal fillet in a lime and lemon balm crust

For 6 servings Baking tray

Meat:

2 organic limes
½ bunch lemon balm
1 tsp Sichuan pepper
Approx. 900 g veal fillet
Black pepper, freshly ground
1 tbsp clarified butter

Sauce:

1 shallot
1 tbsp butter
100 ml poultry stock
50 ml dry white wine
400 ml cream
1 organic lime
Herb-flavoured salt
Black pepper, freshly ground

In addition:

Greaseproof paper

Per serving

596 kcal, 5 g carbs, 38 g fat,
52 g protein, 0,4 BU

1. Place a sheet of greaseproof paper onto the work surface. Wash the limes in hot water, dry them off and grate the zest onto the greaseproof paper. Rinse the lemon balm, shake dry, then pluck and chop approx.

15 of the leaves finely. Place the rest to one side for the sauce. Grind the Sichuan pepper using a mortar. Scatter the chopped leaves onto the greaseproof paper with the Sichuan pepper.

2. Rinse the veal fillet briefly in cold water and pat dry with kitchen towel. Remove any fat, skin and sinew and season with pepper. Sear on all sides for approx. 4 minutes in the hot clarified butter.

3. Remove the meat from the frying pan and place on the prepared greaseproof paper. Roll up the fillet tightly, pressing the sides together when doing so, and leave rolled up in the greaseproof paper for approx. 25 minutes. Then unpack, place the meat onto the baking tray and roast as indicated.

4. Chop the shallot finely for the sauce. Fry in the hot butter, then top up with the stock and wine. Add two sprigs of lemon balm and let the mixture reduce to approx. 3 tbsp.

5. Strain through a sieve into a second saucepan. Bring to the boil with the cream and leave to simmer for approx. 15 minutes until the sauce becomes light and creamy. Season to taste with a little grated lime zest, 1-2 tsp lime juice, herb-flavoured salt and a little black pepper. Finely chop approx. 10 lemon balm leaves and add to the sauce.

6. Season the fillet with herb-flavoured salt and cut into slices. Garnish with a few lemon balm leaves and serve with the hot sauce.

Setting procedure:

With meat probe
Baking tray, level 2
Circulated air grilling
180 °C
Core temperature 65 °C

Alternative setting:

Baking tray, level 2
Circulated air grilling
180 °C
Roasting time: 35-40 minutes



Ossobuco

For 4 servings Roaster with lid

Meat:

4 veal shank slices, approx. 4 cm thick
Sea salt
Pepper, freshly ground
4 tbsp flour
20 g clarified butter

Sauce:

2-3 small onions
2 carrots
2-3 garlic cloves
1 organic lemon
1 small tin peeled cherry tomatoes
200 ml veal stock
200 ml dry red wine
1 sprig thyme
1 sprig rosemary
2 bay leaves
2 tbsp parsley, chopped

Per serving

432 kcal, 20 g carbs, 16 g fat,
43 g protein, 1,6 BU

1. Rinse the veal shank slices briefly under cold water, pat dry with kitchen towel, season and toss in flour.
2. Peel the onions, carrots and garlic cloves. Cut the onions and carrots into pieces 1 cm thick. Finely chop the garlic. Wash the organic lemon in hot water, dry it and grate the zest.
3. Heat the clarified butter in the roaster. Sear the shank slices. Remove from the roaster and place to one side.

Setting procedure:

Roaster with lid on the wire rack, level 2
Top/bottom heating
210 °C
Cooking time: 1 hr. 20 min. - 1 hr. 30 min.

4. Fry the onions, carrots and garlic in the frying fat. Add the cherry tomatoes, veal stock, red wine, herbs and the grated zest of the organic lemon to the vegetables.
5. Place the meat into the roaster, press into the sauce and braise as indicated.
6. Season the ossobuco once again before serving.



Pork loin with apricot sauce

For 4 servings
Medium roaster

Meat:

1.2 kg boneless pork loin, whole
Sea salt
Pepper, freshly ground
2 tbsp clarified butter
2 tbsp white wine vinegar

Apricot sauce:

500 g shallots
750 g fresh apricots
5 sprigs thyme
100 ml white wine
100 ml veal stock

In addition:

2 spring onions

Per serving

401 kcal, 13 g carbs, 17 g fat,
46 g protein, 1,1 BU

1. For the sauce, peel the shallots and cut into pieces. Wash the apricots, halve and pit.

2. Rinse the pork loin briefly in cold water and pat dry with kitchen towel. Season with sea salt and pepper.

3. Heat the clarified butter in the roaster and sear the meat all over. Deglaze with white wine vinegar and take out the meat.

4. Sweat half of the shallots and apricots in the frying fat and add the sprigs of thyme.

5. Add the white wine and place the meat back into the roaster. Roast as indicated in the roaster without a lid.

6. After roasting for around 45 minutes, add the rest of the shallots and apricots as well as the veal stock.

7. Then roast the pork until done. Remove the sprigs of thyme and season the sauce to taste.

8. Wash the spring onions, cut the green part into small rings and sprinkle over the meat before serving.

Setting procedure:

With meat probe
Roaster without lid on the wire rack, level 2
Circulated air grilling
190 °C
Core temperature 75 °C

Alternative setting:

Roaster without lid on the wire rack, level 2
Circulated air grilling
190 °C
Cooking time: 60-65 minutes



Joint of pork with a honey-thyme crust

For 6 servings Universal pan

Meat:

2.2 kg pork shoulder joint, with rind,
have the butcher score the rind

Sea salt

Black pepper, freshly ground

3 garlic cloves

100 ml water

Vegetables:

250 g shallots

200 g celeriac

300 g carrots

200 g parsnips

200 g celery

250 g leeks

50 ml balsamic vinegar

250 ml water

Approx. 30 g fresh thyme

10 allspice berries

For brushing:

1 lemon

3 tbsp honey

Fresh sprigs of thyme

Per serving

967 kcal, 24 g carbs, 68 g fat,

66 g protein, 2,0 BU

1. Rinse the meat briefly in cold water and pat dry with kitchen towel. Season with salt and pepper. Place in the universal pan with the rind facing down. Peel the garlic cloves. Add the water and cloves of garlic to the meat and cook as indicated.

2. Peel the shallots, celeriac, carrots and parsnips. Top and tail and then cut into pieces approx. 3 cm long. Wash the celery and leek, cut into pieces approx. 3 cm long and put to one side.

3. After cooking for approx. 40 minutes, carefully detach the meat from the universal pan using a spatula and turn.

4. Arrange the vegetables – apart from the leek and celery – around the meat, deglaze with balsamic vinegar and add water. Rinse the thyme and shake dry. Add to the vegetables with the allspice berries and cook for another 60 minutes or so.

5. Add the leek and celery, as well as a bit more water if necessary. Cook for another 40 minutes.

6. In the meantime squeeze the lemon and mix the juice with honey and 1 tsp thyme.

7. Baste the meat with the lemon-honey mixture and roast until done.

Setting procedure:

With meat probe

Universal pan, level 2

Top/bottom heating

200 °C

Core temperature 85 °C

Alternative setting:

Universal pan, level 2

Top/bottom heating

200 °C

Cooking time: approx. 2 hours 40 minutes



Roast pork

Cantonese style

For 4 servings
Medium glass roaster

Meat:
750 g pork shoulder, an oblong,
narrow joint

Marinade:
30 g spring onions
20 g fresh ginger, peeled
1 tsp powdered five spice
1 tsp salt
1 tbsp sugar
100 ml Chinese char siu sauce or
hoi sin sauce

For brushing:
2 tbsp honey

Per serving
468 kcal, 20 g carbs, 26 g fat,
39 g protein, 1,7 BU

1. Rinse the meat briefly in cold water, pat dry with kitchen towel and cut in half lengthwise.

2. Trim and wash the spring onions and cut them into pieces approx. 2 cm long. Cut the ginger into small cubes. Mix the spices and the sauce in a bowl. Add the spring onions and ginger. Leave the meat in the refrigerator to marinate in the sauce for at least 1 hour while covered over.

3. Place the meat into a roaster and roast uncovered as indicated.

4. After 20 minutes' roasting time, brush the meat with honey and turn it. In the remaining roasting time, turn once more and brush with honey again.

Setting procedure:

With meat probe
Roaster without lid on the wire rack, level 2
4D hot air
200 °C
Core temperature 80 °C

Alternative setting:

Roaster without lid on the wire rack
4D hot air
200 °C
Cooking time: 45-50 minutes
When using 4D hot air, you can place the accessories on any of the levels from 1 to 4.



Roast lamb with mint and garlic

For 6 servings
Universal pan and wire rack

Meat:
1.2 kg leg of lamb, boneless

Marinade:
1 organic lemon
10 sprigs fresh mint
½ bunch parsley
4 tbsp olive oil
4 garlic cloves, finely chopped
½ tsp cracked black peppercorns

In addition:
Tin foil

Per serving
286 kcal, 1 g carbs, 13 g fat,
40 g protein, 0,1 BU

1. Rinse the meat briefly in cold water and pat dry with kitchen towel. Cut open to form a large piece. Make several cuts on the inside of the leg of lamb around 5 mm deep. This will allow the marinade to infuse well.

2. Wash the lemon with hot water, dry it and grate the peel. Rinse the mint and flat-leaf parsley, shake dry and cut up small. For the marinade, mix the oil, garlic, mint, parsley, lemon zest and pepper.

3. Using half of the marinade, rub into the side of the meat with the cuts. Rub the other side of the meat with the remaining marinade. Place in a large bowl, cover and leave to marinate in the refrigerator for around 2 hours.

4. Roast the leg of lamb as indicated.

5. Wrap aluminium foil around the cooked joint and leave to rest for 10 minutes.

Setting procedure:

With meat probe
Universal pan with wire rack, level 2
Circulated air grilling
180 °C
Core temperature 65 °C

Alternative setting:

Universal pan with wire rack, level 2
Circulated air grilling
180 °C
Cooking time: 35-45 minutes

Tip:

On this setting the meat will remain pink inside.
Serve the meat with a salad, roasted vegetables and flatbread.



Lamb haunch stuffed with chilli pear

For 4 servings
Medium roaster

Filling:

1-2 garlic cloves
½ bunch flat-leaf parsley
2 pears, e.g. Williams or Abate,
approx. 180 g each
1 fresh chilli
2 tbsp olive oil
1-2 tbsp pine nuts
60 g Pecorino cheese, freshly grated

Meat:

4 lamb haunches approx. 220 g each,
order in advance from a butcher
Salt
Pepper, freshly ground
3 red onions
2 tbsp olive oil
20 g sugar
100 ml white wine
200 ml lamb stock from a jar

In addition:

Cocktail sticks

Per serving

757 kcal, 14 g carbs, 57 g fat,
45 g protein, 1,1 BU

1. Peel the garlic. Rinse the parsley and shake it dry.
Finely chop the garlic and parsley.

2. Peel, halve and core the pears and chop them finely.
Wash, halve and core the chilli, and chop it finely.

3. Heat the oil in a frying pan. Briefly sweat the garlic,
parsley, pears and chilli. Add the pine nuts. Fill into a
bowl and allow to cool. Mix the Pecorino cheese in.

4. Rinse the meat briefly under cold water, pat dry with
kitchen towel and cut off a little of the thick fat layer if
necessary. Cut a small pouch into each one and season
with salt and pepper. Fill with 1-2 tbsp of the pear
filling and seal the pouch with cocktail sticks.

5. Peel the onions and cut into wedges. Heat the olive
oil in a frying pan, briefly sear the meat on all sides
and place into a roaster. Briefly fry the onions in the
frying pan and caramelise with the sugar. Deglaze with
wine and lamb stock.

6. Pour the juices over the meat and roast the lamb
haunch as indicated.

7. Serve the cooked lamb haunch together with the
roasting juices.

Setting procedure:

With meat probe
Roaster without lid on the wire rack, level 2
Circulated air grilling
180 °C
Core temperature 65 °C

Alternative setting:

Roaster without lid on the wire rack, level 2
Circulated air grilling
180 °C
Roasting time: 25-30 minutes



Meat kebabs, lamb

For 4 servings

Wire rack and universal pan

Meat kebabs:

1 kg lamb mince
1 large onion
3 garlic cloves
2 tbsp cooking oil
Salt
Black pepper, freshly ground
1 level tsp ground cumin (cumin seeds)
1 level tsp ground coriander
½ tsp cinnamon
1 tsp harissa or chilli paste
1 egg
3 tbsp breadcrumbs

In addition:

Cooking oil for brushing and for
the wire rack
Metal skewers

Per serving

495 kcal, 13 g carbs, 26 g fat,
54 g protein, 1 BU

1. Ask your butcher to run the minced meat through the mincer twice.

2. Peel and very finely dice the onion and garlic. Briefly sweat in the oil.

3. Add the spices, egg, breadcrumbs and onion and garlic mixture to the meat and knead everything together thoroughly.

Setting procedure:

Universal pan, level 1,
Wire rack, level 4
Grill, large area
Setting 2
Grilling time: 25-30 minutes

4. Brush the wire rack with oil. Shape the mixture into small, oblong rissoles and divide them between 8 metal skewers.

5. Brush with oil and grill as indicated.



Joint of venison in a red wine and juniper sauce

For 8 servings
Large roaster with lid

Meat:

1.5-2 kg joint of venison, from the haunch, boneless
Salt
Pepper, freshly ground
30 g clarified butter
30 g butter

Sauce:

1 medium onion
2 small carrots
1 small piece celeriac
½ leek
2 small garlic cloves
A few juniper berries
30 g butter
20 g sugar
5 sprigs thyme
1 tbsp tomato purée
250 ml tart red wine
2-3 cloves
1 bay leaf
1 cinnamon stick
250 ml game stock from a jar
1 generous pinch strong mustard
Sugar
2 tbsp cranberries from a jar

Per serving

494 kcal, 12 g carbs, 23 g fat,
54 g protein, 1,0 BU

1. Rinse the meat briefly in cold water and pat dry with kitchen towel. Season with salt and pepper.

2. Trim and peel the root vegetables. Cut the leek in half lengthwise and wash thoroughly. Chop the vegetables into pieces 1-2 cm in size.

3. Heat the clarified butter in the roaster and sear the meat well all over.

4. Remove the meat from the roaster and place it to one side.

5. Briefly brown the vegetables, garlic cloves and juniper berries in the roasting juices.

6. Add 30 g butter to the roaster, then add the sugar and leave to caramelise. Add the thyme to flavour the juices. Add the tomato purée, fry it with the other ingredients and then deglaze with approx. 100 ml red wine. Add the cloves, bay leaf and cinnamon stick and let the juices reduce. Top up with the game stock.

7. Place the meat into the roaster once again and baste with 30 g butter. Cover over with the lid and roast the meat as indicated. Turn after 1 hour and 20 minutes, and pour the meat juices over several times after this point.

8. After the end of the cooking time, remove the meat from the roaster and keep it warm. Pass the sauce through a fine sieve and strain the vegetables. Pour over the remaining red wine and season with salt and pepper. Thicken the sauce as desired and season to taste with mustard, sugar and cranberries.

Setting procedure:

Roaster with lid on the wire rack, level 2
Top/bottom heating
170 °C
Cooking time: 3 hr. - 3 hr. 10 min.

Tip:

You can bind the sauce by mixing together 1 tbsp cornflour with a little cold water, mixing it quickly into the hot sauce with a whisk and then letting the sauce come to the boil again.



Venison loin steaks au gratin

For 4 serving
Large roaster without lid

Meat:

1 small carrot
40 g celeriac
1 shallot
4 venison loin steaks, approx. 180 g each, with skin and sinew removed
2 tbsp sunflower oil
Salt
Pepper, freshly ground
200 ml game stock or veal stock from a jar

Topping:

1 slice bread
1 sour apple, e.g. Braeburn or Topaz
1 pear, e.g. Williams or Forelle
2 tbsp crème fraîche
Salt
Pepper, freshly ground
1 tbsp breadcrumbs
1 tbsp ground hazelnuts

Per serving

397 kcal, 22 g carbs, 16 g fat,
41 g protein, 1,9 BU

1. For the topping, remove the crust of the bread and cut into small cubes. Toast in a coated frying pan and place to one side.

2. Trim the root vegetables and cut into thin slices using a peeler. Peel the shallot and cut into thin strips.

3. Rinse the steaks briefly under cold water and pat dry with kitchen towel. Heat the oil in a frying pan and sear the steaks on both sides. Add the root vegetables and fry with the steaks. Season the steaks with salt and pepper, add to the roaster with the seared root vegetables and roast as indicated.

4. Remove the cooked steaks from the roaster and keep warm.

5. Infuse the juices with game stock, season them and pass through a fine sieve into a saucepan. Thicken as required and season to taste again.

6. For the topping, wash the apple and pear and grate finely, including the skin. Mix with crème fraîche, add the toasted bread cubes and season with salt and pepper.

7. Return the steaks to the roaster and spread the topping over them. Mix the breadcrumbs and hazelnuts, sprinkle over the steaks and cook as indicated on level 3.

8. Serve the venison loin steaks together with the sauce.

Setting procedure:

With meat probe
Roaster without lid on the wire rack, level 2
Top/bottom heating
160 °C
Core temperature 60 °C
Gratins:
Roaster without lid on the wire rack, level 3
Grill, large area
Setting 3
Cooking time: 10-12 minutes

Alternative setting:

Roaster without lid on the wire rack, level 2
Top/bottom heating
160 °C
Cooking time: 25 minutes
Gratins:
Roaster without lid on the wire rack, level 3
Grill, large area
Setting 3
Cooking time: 10-12 minutes



Wild boar joint with elderberry sauce and caramelised apples

For 6 servings
Large roaster with lid

Meat:

1.5 kg wild boar joint from the leg, boneless
Salt
Pepper, freshly ground
30 g clarified butter

Sauce:

1 medium onion
2 small carrots
1 small piece celeriac
½ leek
2 small garlic cloves
1 sour apple, e.g. Braeburn or Topaz
5 sprigs thyme
½ organic orange
1 tbsp tomato purée
60 g butter
20 g sugar
250 ml tart red wine
A few juniper berries
250 ml game stock
60 g elderberry jam

Apples:

2 sour apples, e.g. Braeburn or Topaz
40 g butter
20 g sugar

Per serving

728 kcal, 28 g carbs, 43 g fat,
52 g protein, 2,3 BU

1. Rinse the meat briefly in cold water and pat dry with kitchen towel. Season with salt and pepper.

2. Trim and peel the root vegetables. Cut the leek in half lengthwise and wash thoroughly. Peel the garlic cloves. Cut the vegetables into pieces 1-2 cm in size. Wash the apple, core it, cut it into quarters and then cut it into wedges.

3. Heat the clarified butter in the roaster and sear the meat well all over. Remove the meat from the roaster and place to one side.

4. Briefly brown the vegetables and garlic cloves in the frying fat. Add the thyme sprigs, the zest of half of the orange and the apple wedges. Add the tomato purée and fry.

5. Add 30 g butter to the roaster, then add the sugar and leave to caramelise. Deglaze with approx. 100 ml red wine. Press the juniper berries and add them to the mixture. Let the juices reduce and top up with the game stock.

6. Place the meat into the roaster once again and baste with 30 g butter. Cover over with the lid and roast the meat as indicated.

7. Turn after 1 hour and 20 minutes, and pour the meat juices over several times after this point. After the end of the cooking time, remove the meat from the roaster and keep it warm.

8. Pass the sauce through a fine sieve and strain the vegetables. Pour over the remaining red wine, bring to the boil and season with salt and pepper. Thicken the sauce as desired. Stir in the elderberry jam and season the sauce to taste once again.

9. Prepare the apple for caramelisation by washing and coring it, cutting it into quarters and then into wedges. Melt the butter in the frying pan and fry the apple briefly. Scatter the sugar over the top and leave to caramelise.

Setting procedure:

Roaster with lid on the wire rack, level 2
Top/bottom heating
190 °C
Cooking time: 2 hr. 40 min. - 2 hr. 50 min.

Tip:

You can bind the sauce by mixing together 1 tbsp cornflour with a little cold water, mixing it quickly into the hot sauce with a whisk and then letting the sauce come to the boil again.





Desserts, soufflés and sweet dishes



Chocolate tart with honey apricots and lavender

For approx. 10 servings
Springform cake tin, diameter 24 cm

Mixture:

160 g dark chocolate, 70% cocoa
125 g butter
140 g sugar
3 eggs
50 g flour
70 g pine nuts, ground
1 level tsp ground allspice

Apricots:

200 g fresh apricots
20 g blossom honey
75 ml apricot juice
1 tsp lemon juice

In addition:

Greaseproof paper
1 tbsp lavender

Per serving

272 kcal, 26 g carbs, 17 g fat,
4 g protein, 2,1 BU

1. Break the chocolate into small pieces, put in a bowl with the butter and melt with the butter in the water bath.

2. Line the base and edges of the dish with greaseproof paper.

3. Stir together the eggs and sugar until light and fluffy. Slowly add the cooled chocolate mixture and stir in.

4. Preheat the oven.

5. Sieve the flour, mix with ground pine nuts and allspice. Carefully fold into the frothy mixture using a whisk. Pour the mixture into the springform cake tin and bake as indicated.

6. Wash and halve the apricots, then cut them into wedges approx. 1 cm wide. Heat the honey in a frying pan. Add the apricot wedges, apricot and lemon juice and leave to infuse for approx. 5 minutes.

7. To serve, cut the chocolate tart into slices and garnish with the apricot wedges and the lavender.

Setting procedure:

Springform cake tin on the wire rack, level 2
Top/bottom heating
250 °C
Preheat
Added steam, low
Baking time: approx. 10 minutes

Alternative setting:

Springform cake tin on the wire rack, level 2
Top/bottom heating
250 °C
Preheat
Baking time: approx. 10 minutes



Meringue with chocolate-mascarpone cream and exotic fruits

For 6 servings

Baking tray

Meringue mixture:

1 egg white
1 pinch salt
50 g fine sugar

Crema:

20 g dark chocolate, 70 % cocoa
2 tbsp milk
40 g mascarpone

Topping:

1 ripe mango
50 g cumquats
50 g fresh berries
Icing sugar for dusting

In addition:

Greaseproof paper

Per serving

106 kcal, 15 g carbs, 4 g fat, 2 g protein,
1,3 BU

1. Whisk the egg white until stiff with a pinch of salt. Add half of the sugar. Once the egg white mixture is shiny, add the remaining sugar.

2. Line the baking tray with greaseproof paper. Pour the meringue mixture into a piping bag and pipe out 6 equally sized blobs. Raise the edges slightly at the side so that the meringues look like crowns. Bake as indicated.

3. Break the chocolate into small pieces for the cream topping. Allow to melt in a small saucepan with the milk. Stir the mascarpone with a whisk until light and fluffy, then fold in the chocolate mixture.

4. Wash and halve the mango and remove the stone. Cut out small balls of mango using a melon baller. Wash the cumquats and cut them into wedges. Rinse the berries if necessary and pat dry with kitchen towel.

5. Pour the mascarpone cream into the cooled meringues, decorate with the fruit and sprinkle with icing sugar.

Setting procedure:

Baking tray

4D hot air

90 °C

Baking time: 90-95 minutes

When using 4D hot air, you can place the accessories on any level from 1 to 4.

Tip:

Always prepare fresh meringues. They will taste much better this way.



Moorish fig dessert with port wine syrup

For 6 servings
6 ovenproof ramekins

Port wine syrup:
1 organic orange
1 organic lemon
6 tbsp red port wine
1 sachet Bourbon vanilla sugar

Egg and cream cheese mixture:
8 green cardamom pods
2 eggs
60 g sugar
200 g double cream cheese
50 g pistachios
3 lady finger biscuits

Fruit:
6 fresh figs

In addition:
Icing sugar for dusting

Per serving
421 kcal, 33 g carbs, 26 g fat,
11 g protein, 2,7 BU

1. For the syrup, wash the lemon and orange in hot water, dry, grate the zest and squeeze out the juice. Put 2-3 tbsp of the orange juice and grated zest for the egg-cream cheese mixture to one side. Reduce the rest of the orange juice to syrup by boiling with the lemon juice, wine and vanilla sugar in a small saucepan. Add a little lemon zest to taste. Leave the syrup to cool.

2. Open the cardamom pods and crush the seeds using a mortar and pestle.

3. Place the eggs in a bowl with the sugar, grated orange zest and cardamom and beat until light and fluffy. Add the remaining orange juice to the cream cheese and stir until smooth. Then gradually stir into the egg mixture.

4. Grind the pistachio nuts finely in a mixer and put 1 tbsp to one side to use as a garnish. Mix the remaining pistachio nuts finely again with the lady fingers and stir into the egg mixture. Distribute the mixture between 6 ovenproof ramekins.

5. Wash the figs, dry them and cut crosses into the top. Place in the middle of the ramekins and sprinkle over the remaining pistachio nuts.

6. Bake as indicated.

7. Drizzle syrup over the finished dessert, dust with icing sugar to taste and serve immediately.

Setting procedure:

Ramekins on the wire rack, level 2
4D hot air
160 °C
Preheat
Added steam, high
Baking time: 15-20 minutes

Alternative setting:

Ramekins on the wire rack
4D hot air
160 °C
Preheat
Baking time: 15-20 minutes
When using 4D hot air, you can place the accessories on any level from 1 to 4.





Cakes and small baked items



German-style butter cake - basic recipe for yeast dough

For approx. 16 servings

Baking tray

Yeast dough:

375 g flour
1 sachet dried yeast
75 g sugar
1 pinch salt
150 ml milk, lukewarm
75 g butter, soft
1 egg

Topping:

100 g butter
4 tbsp elderberry syrup or lime syrup
100 g sugar
100 g chopped almonds or flaked almonds

In addition:

Butter for greasing the baking tray

Per serving

271 kcal, 30 g carbs, 14 g fat,
5 g protein, 2,5 BU

1. To make the yeast dough, mix the flour and yeast in a bowl. Add all other ingredients and knead the dough well for around 10 minutes with the dough hook of the hand mixer or the food processor. Allow the dough to prove in a warm place until the volume has doubled.

2. Grease the baking tray and roll out the dough. Prick several times with a fork, cover and allow to prove again.

3. For the topping, mix the butter with the syrup. Distribute the butter mixture over the rolled-out dough in servings using a small spoon. Sprinkle half of the sugar and then the almonds with the remaining sugar over the cake.

4. Then bake the cake as indicated.

Setting procedure:

Baking tray, level 3
4D hot air
150 °C
Added steam, low
Baking time: 20-25 minutes

Alternative setting:

Baking tray, level 3
Top/bottom heating
170 °C
Baking time: 20-25 minutes

Tip:

You can also leave the dough to prove in the oven. To do so, set the heating type "Dough proving" and the temperature at 40 °C.



English apple pie

To make approx. 12 servings
Tart dish, diameter 27 cm

Shortcrust pastry:

350 g flour
½ tsp salt
150 g butter
Approx. 75 ml water, ice-cold

Filling:

1 organic lemon
750 g sour apples
4 dried apricots
1 small piece candied ginger
1 pinch cinnamon
50 g sugar

In addition:

1 egg for brushing
Butter for greasing

Per serving

246 kcal, 32 g carbs, 11 g fat,
4 g protein, 2,7 BU

1. Add the flour and salt to a mixing bowl. Cut the cold butter into small pieces and add to the flour. Knead with the dough hook of the hand mixer or the food processor on a low setting to produce a fine, crumble-like mixture. Pour the ice-cold water into the flour mixture and knead in briefly. Form the dough into a ball, press flat, wrap in foil and chill for approx. 30 minutes.

2. Wash the lemon in hot water and dry it. Grate the zest and place to one side. Peel and core the apples. Grate the apples roughly and drizzle with a little lemon juice.

3. Cut the apricots and ginger into very small chunks, add to the apples and mix with the cinnamon, sugar and grated lemon zest.

4. Grease the tin well. Roll out approximately two thirds of the pastry onto the flour-covered work surface, use this to line the tin and pull up at the edges. Prick the base several times with a fork and distribute the apple mixture evenly on top of it. Roll out the rest of the pastry, cut it into equally wide strips and place over the apples in a lattice pattern.

5. Whisk the egg with a fork and use it to brush the pastry lattice. Bake as indicated.

Setting procedure:

Tart dish on the wire rack, level 2
Top/bottom heating
200 °C
Baking time: 60-65 minutes



Ring cake with walnuts and marzipan

To make approx. 12 servings
Ring cake tin

Mixture:

100 g butter
100 g sugar
2 egg yolks
1 egg
500 g flour
2 sachets dried yeast
1 pinch salt
250 ml milk
A few drops of bitter almond oil
2 tbsp rum
50 g raisins or 100 g dried cranberries
25 g lemon peel, very finely chopped
25 g orange peel, very finely chopped
100 g walnuts, roughly chopped
100 g marzipan, finely chopped

In addition:

Butter for greasing
Breadcrumbs for sprinkling
Icing sugar for dusting

Per serving

409 kcal, 50 g carbs, 19 g fat,
9 g protein, 4,1 BU

1. Grease the tin well and sprinkle with breadcrumbs.
2. Beat the butter and sugar until light and fluffy. Add the egg yolk and egg.
3. Mix flour and yeast in a bowl and add 1 pinch of salt. Stir into the egg mixture using milk and bitter almond oil alternately. Add the rum.
4. Knead the dough well until it is smooth and glossy. Add the remaining ingredients and knead them in briefly.
5. Then, roll up on the flour-covered work surface, place into the prepared tin and leave to prove for approx. 50 minutes in a warm place.
6. Bake the cake as indicated.
7. Turn the ring cake out of the tin and leave to cool down. Sprinkle with icing sugar.

Setting procedure:

Ring cake tin on the wire rack, level 2
4D hot air
180 °C
Added steam, low
Baking time: 60-70 minutes

Alternative setting:

Ring cake tin on the wire rack, level 2
Top/bottom heating
170 °C
Baking time: 50-60 minutes

Tip:

You can also leave the dough to prove in the oven. To do so, set the heating type "Dough proving" and the temperature at 40 °C.



Damson cake

To make approx. 20 servings
Universal pan

Yeast dough:

500 g flour
1 sachet dried yeast
1 organic lemon
100 g sugar
Approx. 125 ml milk, lukewarm
1 sachet vanilla sugar
1 pinch salt
100 g butter
1 egg

Fruit filling:

Approx. 2.5 kg damsons
25 g breadcrumbs

In addition:

Butter for greasing the baking tray

Per serving

216 kcal, 36 g carbs, 6 g fat, 4 g protein,
3,0 BU

1. To make the yeast dough, mix the flour and yeast in a bowl. Wash the lemon with hot water, dry it and grate the peel. Add with all the remaining ingredients and knead the dough thoroughly.

2. Leave to prove in a warm place for 30 minutes. The dough should almost double in volume.

3. Wash, de-stone and halve the damsons.

4. Grease the universal pan. Roll out the yeast dough on it and prick several times with a fork. Leave to prove again.

5. Sprinkle the breadcrumbs over the dough base. Distribute the damsons evenly onto the dough and bake the cake as indicated.

Setting procedure:

Universal pan

4D hot air

170 °C

Baking time: 40-50 minutes

When using 4D hot air, you can place the accessories on any level from 1 to 4.

Tip:

Instead of breadcrumbs, you could also sprinkle the pastry with ground almonds or hazelnuts. If you sprinkle the pastry with toppings, it will not soak up so much.



Double-crust apple pie

To make approx. 12 servings
Springform cake tin, diameter 26 cm

Shortcrust pastry:

300 g flour
½ tsp baking powder
70 g sugar
1 egg
40 g sour cream
160 g butter

Filling:

1.5 kg apples
40 g sugar
50 g ground almonds
1-2 tbsp arrack
1 tbsp lemon juice

In addition:

1 egg for brushing
Butter for greasing

Per serving

342 kcal, 43 g carbs, 16 g fat,
5 g protein, 3,0 BU

1. For the shortcrust pastry, mix all the dry ingredients together. Add the egg and sour cream, cut the butter into chunks and distribute it on top. Using the dough hook of a hand mixer or food processor, knead slowly at first, and then faster at a higher speed setting. Form into a ball and press flat. Wrap in foil and chill for at least 30 minutes.

2. For the filling, peel the apples, core them, cut them into slices approx. 3 mm thick and mix with the rest of the ingredients.

3. Grease the dish. Cover the base with two thirds of the pastry and create a raised edge approx. 4 cm deep. Prick the pastry base several times with a fork.

4. Spread the filling evenly over the dough. Roll out a lid using the remaining pastry. Cover the apple mixture with the pastry lid and seal the edges well.

5. Whisk the egg and brush the top with it. Draw lines using a fork and pierce several holes in the pastry lid using a cocktail stick.

6. Bake the cake as indicated.

Setting procedure:

Springform cake tin on the wire rack, level 2
Top/bottom heating
190 °C
Baking time: 60-70 minutes

Tip:

A delicious alternative is to add 150 g raisins to the apple filling.



Plaited raisin loaf

For approx. 20 slices
Baking tray

Yeast dough:

500 g flour
1½ sachets dried yeast
100 g sugar
1 sachet vanilla sugar
1 pinch salt
100 g butter
2 eggs
Approx. 125 ml milk, lukewarm
100 g raisins

For brushing:

1 egg yolk
2 tbsp milk

In addition:

Greaseproof paper

Per slice

182 kcal, 28 g carbs, 6 g fat, 4 g protein,
2,3 BU

1. To make the yeast dough, mix the flour and yeast in a bowl. Add all other ingredients and knead the dough well. Leave to prove in a warm place for 20-30 minutes.

2. Knead the dough thoroughly once again and split into 3 equally sized pieces. Shape each piece into a roll and make a loose plait with the 3 rolls.

3. Line the baking tray with greaseproof paper. Place the plait on top and leave to prove again for 20 minutes. The plait should have risen well and its volume should have increased by about half again.

4. Whisk the egg yolk with milk. Use this to brush the plait and then bake it as indicated.

Setting procedure:

Baking tray, level 2
4D hot air
150 °C
Added steam, medium
Baking time: 25-35 minutes

Alternative setting:

Baking tray, level 3
Top/bottom heating
190 °C
Baking time: 25-35 minutes

Tip:

You can also leave the dough to prove in the oven. To do so, set the heating type "Dough proving" and the temperature at 40 °C.

To ensure the plait turns a lovely golden colour on the outside, brush it with the egg yolk and milk mixture. Instead of raisins, you can also add chocolate chips to the dough.



Spiced Stollen with marzipan

For approx. 16 slices
Baking tray

Fruit mixture:

½ organic lemon
20 ml rum or cognac
20 ml water
40 g currants
60 g raisins
25 g orange peel, very finely chopped
25 g lemon peel, very finely chopped
¼ tsp ground ginger
¼ tsp cinnamon
¼ tsp cardamom
¼ tsp nutmeg

Yeast dough:

40 g chopped almonds
350 g flour
1 sachet dried yeast
100 ml milk, lukewarm
20 g sugar
1 sachet vanilla sugar
1 egg
½ tsp salt
100 g butter
125 g marzipan

In addition:

50 g flour for the work surface
Greaseproof paper
100 g butter
20 g fine sugar

Per slice

292 kcal, 32 g carbs, 15 g fat,
5 g protein, 2,7 BU

1. On the day before, wash the half lemon in hot water, dry it and grate the zest. Add to a bowl together with the remaining ingredients for the fruit mixture and leave to infuse overnight while covered.

2. Lightly toast the chopped almonds in a frying pan until you can smell them cooking. Then leave to cool.

3. To make the yeast dough, mix the flour and yeast in a bowl. Add the milk, sugar, vanilla sugar, egg, salt and butter and knead everything into a smooth dough. Cut or pull the marzipan into small pieces and then knead together with the almonds and the fruit mixture. Leave the yeast dough to prove in a warm place until the volume has doubled.

4. Knead the dough once again on the flour-covered work surface and form into a rectangle. Fold the sides of the dough in so that you get the classic Stollen shape.

5. Place the Stollen on a tray lined with greaseproof paper and leave to prove again at room temperature for approx. 30 minutes. Bake as indicated.

6. Heat the butter and brush the warm Stollen with it. Sprinkle with the sugar.

Setting procedure:

Baking tray, level 2
4D hot air
170 °C
Added steam, low
Baking time: 35-40 minutes

Alternative setting:

Baking tray, level 2
Top/bottom heating
170 °C
Baking time: 50-60 minutes

Tip:

You can also leave the dough to prove in the oven. To do so, set the heating type "Dough proving" and the temperature at 40 °C.



Gooseberry cake with almond topping - basic recipe for sponge mixture

To make approx. 12 servings
Springform cake tin, diameter 26 cm

Mixture:

200 g butter, soft
200 g sugar
4 eggs
200 g flour
1 tsp baking powder

Topping:

400 g gooseberries
50 g flaked almonds
30 g sugar

In addition:

Butter for greasing
Icing sugar for dusting

Per serving

336 kcal, 36 g carbs, 19 g fat,
6 g protein, 3,0 BU

1. Beat the butter and sugar until light and fluffy. Gradually stir in the eggs.

2. Mix the flour with the baking powder and fold into the frothy mixture.

3. Pour the mixture into a greased springform cake tin. Briefly rinse the gooseberries, pat them dry and scatter them over the mixture.

4. Sprinkle the almonds and sugar over the top and then bake the cake as indicated.

5. Dust the cooked, warm cake with icing sugar.

Setting procedure:

Springform cake tin on the wire rack, level 2
Top/bottom heating
170 °C
Baking time: 50-60 minutes

Tip:

Rhubarb, redcurrants, apples or apricots are all delicious alternatives to gooseberries.



Rhubarb tart with meringue

To make approx. 20 servings
Universal pan

Topping:

1250 g rhubarb
100 g sugar

Sponge mixture:

225 g butter
200 g sugar
2 sachets vanilla sugar
4 eggs
500 g flour
1 sachet baking powder
1 pinch salt

Meringue:

6 egg whites
275 g sugar

In addition:

Butter for greasing the baking tray

Per serving

201 kcal, 22 g carbs, 11 g fat,
3 g protein, 1,8 BU

1. Wash and trim the rhubarb and cut into chunks approximately 3 cm long, then place into a bowl. Sprinkle with the sugar.

2. For the sponge mixture, mix together butter, sugar and vanilla sugar until light and fluffy. Gradually stir in the eggs.

3. Mix the flour, baking powder and salt and fold into the frothy mixture.

4. Grease the universal pan. Add the sponge mixture and spread evenly.

5. Pat the rhubarb dry and distribute on the mixture. Bake the topped sponge mixture for 20 minutes as indicated.

6. Meanwhile, beat the egg whites for the meringue until they are stiff, then gradually add the sugar.

7. Spread the egg white mixture over the partially baked rhubarb cake and finish baking as indicated.

Setting procedure:

Universal pan, level 2
Top/bottom heating
180 °C
Baking time: 45-55 minutes

Tip:

This cake also works well with other sour fruit, such as gooseberries or redcurrants.



Marble cake in a jar

For 4 servings
4 preserving jars, 290 ml each

Sponge mixture:

125 g flour
40 g cornflour
1 tsp baking powder
50 g sugar
1 pinch salt
80 g butter
2 eggs
Approx. 100 ml milk
½ organic lemon

Dark sponge:

40 g sugar
10 g cocoa
20 g ground almonds
Approx. 2 tbsp milk
Approx. 10 g dark chocolate
with 70 % cocoa

In addition:

Butter for the jars
1-2 tbsp breadcrumbs for sprinkling

Per serving

496 kcal, 58 g carbs, 25 g fat,
10 g protein, 4,9 BU

1. Grease the jars and sprinkle with breadcrumbs.
2. For the sponge mixture, mix flour, cornflour and baking powder and sieve into a deep mixing bowl.
3. Add the sugar, salt, soft butter, eggs and milk. Then beat the ingredients with a hand mixer or food processor, first on a low setting and then fast on a higher one, to produce a smooth mixture. Do not overbeat.
4. Wash the lemon in hot water and grate the zest. Flavour half of the mixture with the lemon zest and add to the jars.
5. Stir sugar, cocoa, almonds and milk into the remaining mixture and add to the light-coloured mixture. Cut the dark chocolate into small pieces and add to the dark mixture. Use a fork to create a spiral-shaped marble pattern in both mixtures.
6. Place the jars on the wire rack and bake the marble cake as indicated.

Setting procedure:

Jars on the wire rack, level 2
Top/bottom heating
170 °C
Baking time: 45-50 minutes

Tip:

When making a marble cake in the 30 cm cake tin, use twice the quantity of mixture. Place the cake tin onto the wire rack and make the following settings:
4D hot air, 170 °C, 60-65 minutes.



Spiced espresso and chocolate tart

For 12 servings

Springform cake tin, diameter 26 cm

Mixture:

200 g dark chocolate
125 g butter
1 tbsp milk
75 ml espresso
40 g cocoa
1 pinch salt
1 heaped tsp ground spices, such as cardamom, cinnamon, cloves, allspice
2 sachets vanilla sugar
5 eggs
150 g fine sugar
100 g ground almonds

Topping:

400 ml cream
2 tbsp sugar
Ground spices, such as cardamom, cinnamon, cloves, allspice for sprinkling on top

In addition:

Greaseproof paper

Per serving

406 kcal, 23 g carbs, 32 g fat,
8 g protein, 1,9 BU

1. Cut the dark chocolate into small pieces and place in a heat-resistant bowl. Add the butter and milk and melt in the water bath. Pour in the espresso and stir well.

2. Finely sieve the cocoa. Add the ground seasonings and vanilla sugar.

3. Preheat the oven.

4. Stir together the eggs and sugar until light and fluffy. Carefully stir in the chocolate mixture. Fold the almonds into the cocoa mixture.

5. Line the base of the springform cake tin with greaseproof paper. Pour in the mixture and bake as indicated. Let the tart cool down in the tin a little, then remove and leave to cool down completely.

6. Whip the cream until stiff and then spread over the tart. Mix the sugar and ground seasonings and scatter over the cream.

Setting procedure:

Springform cake tin on the wire rack, level 2
Top/bottom heating
210 °C
Preheat
Added steam, high
Baking time: approx. 25 minutes

Alternative setting:

Springform cake tin on the wire rack, level 2
Top/bottom heating
210 °C
Preheat
Baking time: 25-35 minutes

Tip:

You can also melt the chocolate in the microwave.



Sponge flan base

For 12 servings

Flan-base cake tin, diameter 30 cm

Sponge mixture:

1 organic orange or organic lemon
100 g butter
100 g sugar
1 sachet vanilla sugar
2 eggs
250 g flour
3 level tsp baking powder
70 ml milk
1 pinch salt

In addition:

Butter for greasing
Breadcrumbs for sprinkling

Per serving

119 kcal, 10 g carbs, 8 g fat, 1 g protein,
0,9 BU

1. Grease a dark flan-base cake tin and sprinkle with breadcrumbs.
2. Wash the orange or lemon with hot water, dry it and grate 1 tsp zest.
3. Beat the butter until light and fluffy. Add the sugar, vanilla sugar and eggs and continue to beat.

Setting procedure:

Flan-base cake tin on the wire rack, level 3
Top/bottom heating
170 °C
Baking time: 20-30 minutes

4. Mix the flour and baking powder together. Stir into the mixture together with the milk, salt and 1 tsp grated orange or lemon zest.
5. Spread the mixture evenly in the tin. Bake as indicated.
6. After baking, tip the flan base onto a wire rack and leave to cool.



Fruit tart - basic recipe for shortcrust pastry

For approx. 12 servings
Springform cake tin, diameter 26 cm

Shortcrust pastry:

250 g flour
1 generous pinch baking powder
80-100 g sugar
1 pinch salt
1 egg
125 g butter

Topping:

2-3 tbsp ground almonds or
breadcrumbs
approx. 750 g fruit
Glaze
2 tbsp sugar

In addition:

Butter for greasing
Greaseproof paper
Dried pulses for blind baking

Per serving

259 kcal, 35 g carbs, 11 g fat,
4 g protein, 2,9 BU

1. For the shortcrust pastry, mix all the dry ingredients in a bowl. Add the egg, cut the cold butter into small chunks and distribute on top. First knead it on a low setting, then on a higher speed setting, into a smooth mass using the kneading hook of a hand mixer or a food processor.

2. Grease the tin and line the base with two thirds of the pastry. Shape the remaining pastry into a roll and press around the edge of the tin, approx. 2 cm deep. Chill the pastry for 30-60 minutes.

Setting procedure:

Springform cake tin on the wire rack, level 2
Top/bottom heating
180 °C
Baking time: 30-40 minutes

Tip:

Use the finest granulated sugar possible, so that it dissolves quickly in the mixture.

3. Prick the pastry base several times with a fork. Line the pastry base and edge with greaseproof paper and fill with dried pulses. Bake as indicated.

4. Remove the pulses and paper and leave the cake base to cool. Then sprinkle it with almonds and decorate with fresh or drained fruit from a jar. Prepare the glaze with 2 tbsp sugar as per the manufacturer's instructions. Coat the fruit with it.



Vanilla cheesecake

To make approx. 12 servings
Springform cake tin, diameter 26 cm

Shortcrust pastry:

200 g flour
1 pinch salt
75 g sugar
1 tsp baking powder
75 g butter
1 vanilla pod
1 egg

Quark mixture:

1 organic lemon
1 vanilla pod
3 eggs
100 g sugar
500 g sour cream
250 g quark
½ sachet custard powder
100 ml cream

In addition:

Butter for greasing

Per serving

324 kcal, 31 g carbs, 19 g fat,
8 g protein, 2,6 BU

1. Only grease the base of the springform cake tin.
2. For the shortcrust pastry, mix all the dry ingredients in a bowl. Cut the cold butter into small chunks and distribute on top. Using the dough hook of a hand mixer or food processor, knead slowly until a fine, crumbly mixture is produced.
3. Slice the vanilla pod open lengthways and scrape out the vanilla pulp. Beat the egg with a fork, add to the crumble mixture with the vanilla pulp and quickly beat into a smooth mixture.

4. Line the base of the tin with two thirds of the pastry. Shape the rest into a roll and press around the edge of the tin, about 2-3 cm deep. Prick the pastry base several times with a fork, and leave the pastry to chill for approx. 40 minutes.

5. Wash the lemon with hot water, dry it and grate the zest. Slice the vanilla pod open lengthways and scrape out the vanilla pulp. Mix the lemon zest, vanilla pulp and all other ingredients for the quark mixture. Add to the tin and bake as indicated.

Setting procedure:

Springform cake tin on the wire rack, level 2
Top/bottom heating
180 °C
Baking time: 60-80 minutes



Fruity raspberry gateau - basic recipe for sponge mixture

For 12 servings

Springform cake tin, diameter 28 cm

Sponge mixture:

3 eggs

3 tbsp water, hot

150 g sugar

150 g flour

1 tsp baking powder

Topping:

900 g frozen raspberries

100 g sugar

200 ml cream

4 sheets gelatine

200 g yoghurt, 3.5 %

½ vanilla pod

3 sachets red glaze

In addition:

Greaseproof paper

Per serving

240 kcal, 36 g carbs, 8 g fat, 5 g protein,
3,0 BU

1. Cover the base of the springform cake tin with greaseproof paper. Leave a third of the raspberries to defrost with 50 g sugar.

2. Separate the eggs. Whisk the egg white until stiff with 3 tbsp hot water. Add the sugar gradually. Continue to whisk the mixture until it is creamy and glossy. Beat the egg yolk with a fork and fold into the egg white mixture. Mix the flour and baking powder, sieve onto the mixture and stir in briefly. Pour the mixture into the tin and bake as indicated.

3. Turn the cooked cake onto a wire rack and carefully remove the greaseproof paper. Leave the cake to cool down completely.

4. For the topping, purée the defrosted, sugared raspberries through a sieve. Whip the cream until stiff. Soak the gelatine, squeeze it out and dissolve. Mix the yoghurt with the remaining sugar and the pulp of half a vanilla pod. Quickly mix the dissolved gelatine in. Add the raspberry mixture and fold in the cream.

5. Cut the cake into two layers and place the bottom half onto a serving tray. Place a tall cake ring around the base of the gateau. Spread half of the raspberry cream mixture over it and place the top half onto it. Spread the remaining raspberry cream mixture on top.

6. Distribute the remaining frozen raspberries evenly on top of the cake. Prepare the glaze according to the instructions on the packaging, leave it to cool briefly and pour over the raspberries.

7. Leave the gateau to cool down for at least 3-4 hours before cutting to serve.

Setting procedure:

Springform cake tin on the wire rack, level 2

4D hot air

150 °C

Added steam, low

Baking time: 30-35 minutes, the first 10 minutes with added steam.

Alternative setting:

Springform cake tin on the wire rack

4D hot air

170 °C

Preheat

Baking time: 35-40 minutes

When using 4D hot air, you can place the accessories on any of the levels from 1 to 4.



Black Forest gateau

For 16 servings

Springform cake tin, diameter 28 cm

Sponge mixture:

5 eggs
5 tbsp water, lukewarm
240 g sugar
200 g flour
40 g cocoa
1 level tsp baking powder

Filling:

2 jars sour cherries,
drained weight per jar 370 g
3 sachets red glaze
Kirsch
4 sheets white gelatine
400 ml cream
2 tbsp sugar

Decoration:

4 sheets white gelatine
400 ml cream
2 tbsp sugar
Grated chocolate

In addition:

Greaseproof paper

Per serving

329 kcal, 45 g carbs, 12 g fat,
7 g protein, 3,8 BU

1. Line the base of the tin with greaseproof paper.
Preheat the oven.

2. Beat the eggs with water and sugar until white and fluffy. Mix the flour, cocoa and baking powder together and stir into the mixture. Pour the mixture into the tin and bake as indicated.

3. Drain the sour cherries and catch the juice. Mix the cherry juice into the glaze. Add approx. two thirds of the cherries to the glaze and leave to cool. Place the rest to one side for the decoration.

4. Slice the cooled sponge into three layers. Set the top piece aside and sprinkle the remaining sponge layers with Kirsch.

5. Soak the gelatine in cold water and dissolve over a low heat. Whip the cream with the sugar until stiff and carefully stir in the gelatine.

6. Brush the first layer of sponge with half the cherry mixture and spread half the cream on top of this. Place the second layer of sponge on top and repeat the topping. Place the top sponge layer on top.

7. Prepare the cream for decorating as described above and spread over the gateau. Distribute the remaining cherries on top of the cream and decorate the gateau with chocolate shavings.

Setting procedure:

Springform cake tin on the wire rack

4D hot air

160 °C

Preheat

Baking time: 35-45 minutes

When using 4D hot air, you can place the accessories on any level from 1 to 4.



Nutty Swiss roll with nougat filling

For approx. 8 slices
Baking tray

Sponge mixture:

6 eggs
125 g sugar
1 pinch salt
50 g flour
½ tsp baking powder
125 g walnuts, roughly chopped

Filling:

100 g nut nougat
500 ml cream
2 sachets cream stiffener

In addition:

Greaseproof paper
Icing sugar for dusting
Sugar for the tea towel

Per slice

532 kcal, 34 g carbs, 39 g fat,
11 g protein, 2,9 BU

1. Line the baking tray with greaseproof paper.
2. Preheat the oven.
3. Beat the eggs until light and fluffy. Gradually add the sugar and salt.
4. Mix the flour and baking powder and fold into the egg mixture using a whisk. Also fold in the walnuts.
5. Pour the mixture onto the baking tray, spread evenly and bake as indicated.
6. Immediately after baking, turn the sponge base out onto a tea towel sprinkled with sugar. Brush the greaseproof paper with a little water and peel it off carefully, but quickly. Carefully roll up the sponge base using the tea towel and let it cool off.
7. Melt the nut nougat in the water bath or in the microwave and then stir until smooth with 100 ml cream.
8. Whip the remainder of the cream until semi-stiff. Add the cream stiffener and the nougat mixture and whip until very stiff.
9. Roll the cooled sponge roll out of the tea towel. Coat with the nougat and cream mixture and then roll up again.
10. Sprinkle with icing sugar before serving.

Setting procedure:

Baking tray, level 3
Top/bottom heating
180 °C
Preheat
Added steam, low
Baking time: 25-30 minutes

Alternative setting:

Baking tray
4D hot air
180 °C
Preheat
Baking time: 30-35 minutes
When using 4D hot air, you can place the accessories on any of the levels from 1 to 4.



Choux pastry gateau with strawberry filling - basic recipe for choux pastry

To make approx. 12 servings
Baking trays and universal pan

Choux pastry:

150 ml water
30 g butter
1 pinch salt
100 g flour
25 g cornflour
4 eggs
½ level tsp baking powder

Filling:

500 g strawberries
8 sheets white gelatine
100 g quark, 20 % fat
300 g yoghurt
100 g icing sugar
50 ml elderberry syrup
200 ml cream

In addition:

Greaseproof paper
Butter for the baking trays
Icing sugar for dusting

Per serving

224 kcal, 24 g carbs, 11 g fat,
7 g protein, 2,0 BU

1. Lay a springform cake tin with a diameter of 26 cm onto the greaseproof paper and cut out 3 greaseproof paper bases. Grease the centre of the baking trays and the universal pan and line each with a greaseproof paper base.

2. Bring the water, butter and salt to the boil in a saucepan. Pour the sifted flour into the saucepan in one go with the cornflour. Switch off the hotplate. Stir well with a wooden spoon or the dough hook of a hand mixer. Return to the still warm hotplate to 'reduce' the liquid. Beat the mixture until it comes away from the sides and forms a soft ball, and until a white coating becomes visible on the base of the saucepan.

3. Place the ball in a deep mixing bowl. Mix the eggs in one by one at the highest setting. Let the mixture cool down.

4. Mix the baking powder into the cold mixture.

5. Use the mixture to bake 3 bases. To do so, spread a third of the mixture quantity onto each of the pre-prepared trays and bake as indicated.

6. Wash the strawberries, let them drip dry and cut them into small chunks. Soak the gelatine in cold water.

7. Mix the quark and yoghurt with the sieved icing sugar and elderberry syrup. Prepare the gelatine as described on the packaging, stir into the quark mixture and chill until the cream starts to set. Whip the cream until it is stiff. Fold the strawberries and the whipped cream into the quark mixture.

8. Place one choux pastry base onto a serving tray. Distribute half of the quark filling onto it. Place the second base on top and distribute the remaining quark filling on top. Place the final base on top and press in place. Leave the gateau in the refrigerator for at least 2 hours.

9. Dust with icing sugar before serving.

Setting procedure:

Baking trays, level 1 and 5,
Universal pan, level 3
4D hot air
190 °C
Baking time: 20-30 minutes



Turkish basbousa

For approx. 32 servings
Large ovenproof dish

Syrup:

600 ml water
600 g sugar
1 organic lemon
½ bunch fresh mint, according to taste

Mixture:

4 eggs
170 g sugar
50 ml sunflower oil
100 g durum wheat semolina
200 g yoghurt
250 g flour
2 sachets baking powder

In addition:

Butter for greasing

Per serving

165 kcal, 33 g carbs, 3 g fat, 2 g protein,
2,7 BU

1. For the syrup, add the water and sugar to a saucepan and bring to the boil. Let the mixture boil down over moderate heat for approx. 20 minutes until syrup-like.

2. Wash the lemon in hot water, dry it, grate the zest and place to one side. Rinse the mint and shake dry. Add 1 tbsp of the lemon juice and the mint to the syrup, stir and leave to cool down.

3. For the cake mixture, beat the eggs and sugar together until light and fluffy, and until the sugar has dissolved. Add the remaining ingredients and stir until it becomes a smooth mixture.

4. Grease the ovenproof dish, fill it with the mixture, smooth the surface and bake as indicated.

5. Remove the mint from the syrup. Soak the hot basbousa with the syrup and sprinkle the grated lemon zest on top.

6. Let the basbousa cool down and cut into slices.

Setting procedure:

Ovenproof dish on the wire rack, level 2
Top/bottom heating
180 °C
Added steam, low
Baking time: 30-35 minutes

Alternative setting:

Ovenproof dish on the wire rack, level 2
Top/bottom heating
180 °C
Baking time: 30-35 minutes



Baklava

For 60 servings
Universal pan

Mixture:
10-12 sheets filo pastry
350 g butter

Nut mixture:
150 g almonds
150 g walnuts
150 g pistachios
½ tsp ground cinnamon
1 generous pinch ground cloves

Syrup:
675 g sugar
175 g honey
500 ml water

In addition:
Butter for the universal pan

Per serving
171 kcal, 19 g carbs, 10 g fat,
2 g protein, 1,5 BU

1. Let the frozen filo pastry defrost as per the instructions on the packaging.

2. Heat the butter in a saucepan; skim the light-coloured foam little by little.

3. Chop the almonds, walnuts and pistachios very finely. Mix the almonds, walnuts and half of the pistachios with the seasonings.

4. Cut the pastry sheets to the size of the universal pan and cover with a damp cloth. Keep four pastry sheets for the final layer of pastry. Any remaining pastry will also be used for the layers.

5. Grease the universal pan. Place a sheet of pastry into the universal pan and coat it with the melted butter. Repeat this process three times. Sprinkle the fourth layer with approx. 80 g of the nut mixture.

6. Place a sheet of pastry onto the nut mixture, brush with butter, place the next sheet of pastry on top, brush it with butter as well and then sprinkle the nut mixture on top. Repeat the process approx. four times. Use any remaining pastry for this too. Finally, also brush the pastry sheets placed to one side with butter and add them to the top.

7. Preheat the oven.

8. Cut the baklava into strips approx. 3x5 cm long using a sharp knife, sprinkle with water and bake as indicated.

9. For the syrup, add the sugar, honey and water to a deep saucepan and heat up while stirring. Let the syrup simmer for approx. 20 minutes. Skim the light-coloured foam in the process. Pour the syrup evenly over the hot baklava and sprinkle with the remaining pistachios.

10. Leave the baklava to stand for at least an hour until the syrup has soaked in. The baklava can be kept for several days unrefrigerated.

Setting procedure:

Universal pan, level 3
Top/bottom heating
170 °C
Preheat
Added steam, low
Baking time: 35-40 minutes

Alternative setting:

Universal pan, level 3
Top/bottom heating
170 °C
Preheat
Baking time: 35-40 minutes



Pavlova - meringue with cream and raspberries

For 6 servings

Baking tray

Meringue mixture:

3 egg whites
175 g fine sugar
1 sachet vanilla sugar
2-3 drops vanilla essence
1 tsp light vinegar
1 tsp cornflour

Filling:

250 ml cream
300 g raspberries

In addition:

Greaseproof paper

Per serving

285 kcal, 37 g carbs, 13 g fat,
4 g protein, 3,0 BU

1. Whisk the egg white until stiff. Gradually mix in the sugar, vanilla sugar, vanilla essence and vinegar. Whisk the mixture for 10-20 minutes with a hand mixer or food processor. Fold in the cornflour quickly.

2. Preheat the oven as indicated.

3. Line a baking tray with greaseproof paper. Heap the meringue in the centre of the baking tray, use a spoon to shape it into a bowl around 20 cm in size and bake immediately as indicated.

4. Leave the meringue to cool.

5. Shortly before serving, whip the cream until stiff and use to top the meringue. Decorate with raspberries.

Setting procedure:

Baking tray, level 3

Top/bottom heating

Preheat: 150 °C

Baking: 100 °C

Baking time: 1 hr. 40 min. - 2 hr.



Cream puffs with sweet filling

To make approx. 12 servings
Baking tray

Choux pastry:

250 ml water
1 pinch salt
50 g butter
150 g flour
4 eggs
1 level tsp baking powder

Sweet filling:

500 ml cream
2-4 tsp sugar
1 sachet vanilla sugar
1 sachet cream stiffener
1 tin mandarins, drained weight 190 g

In addition:

Greaseproof paper

Per serving

231 kcal, 17 g carbs, 16 g fat,
5 g protein, 1,4 BU

1. Bring the water, salt and butter to the boil in a saucepan.

2. Pour the sifted flour into the saucepan in one go. Switch off the hotplate. Stir well with a wooden spoon or the dough hook of a hand mixer. Return to the still warm hotplate to reduce the liquid. To do so, beat the mixture until it comes away from the sides and forms a soft ball, and until a white coating becomes visible on the base of the saucepan.

3. Place the ball in a deep mixing bowl. Mix the eggs in one by one at the highest setting. Let the mixture cool down.

4. Mix the baking powder into the cold mixture.

5. Preheat the oven.

6. Line the baking tray with greaseproof paper. Using two teaspoons, make equal-sized balls of pastry and place them on the baking tray. Leave plenty of room between them, as the mixture will double in size as it bakes. Bake as indicated.

7. Immediately after baking, cut open with kitchen scissors and leave to cool.

8. For the sweet filling, whip the cream until very stiff with sugar, vanilla sugar and cream stiffener. Let the mandarins drain well and fill them into the cream puffs with the cream before serving.

Setting procedure:

Baking tray, level 3
4D hot air
210 °C
Preheat
Added steam, low
Baking time: 25-35 minutes

Alternative setting:

Baking tray
4D hot air
200 °C
Baking time: 30-40 minutes
When using 4D hot air, you can place the accessories on any level from 1 to 4.

Tip:

The pastry is very delicate. Only open the appliance door when the cream puffs are ready.



Apricot boats

For 8 servings

Baking tray

Mixture:

8 slices frozen puff pastry, around 600 g
A little flour

Filling:

1 tin apricots,
drained weight around 500 g
50 g ground almonds
100 g raw marzipan
1 egg
A little milk

In addition:

Greaseproof paper

Per serving

444 kcal, 35 g carbs, 31 g fat,
7 g protein, 2,9 BU

1. Defrost the puff pastry according to the instructions on the packaging.
2. Allow the apricots to drain thoroughly.
3. Line the baking tray with greaseproof paper. Dust the work surface with flour and roll out the sheets of puff pastry into pieces around 12x10 cm in size.
4. Sprinkle the almonds diagonally over each piece of puff pastry. Cut the marzipan into wafer-thin slices. Place 2 slices each on the almonds. Place 2 apricot halves diagonally on each slice of marzipan.

5. Preheat the oven.

6. Separate the egg. Brush the two free, opposite corners of the pastry with egg white, fold over and press down firmly.

7. Whisk the milk and egg yolk, brush the 'boats' with the mixture and bake at once as indicated.

Setting procedure:

Baking tray, level 3
4D hot air
210 °C
Preheat
Added steam, low
Baking time: 25-35 minutes

Alternative setting:

Baking tray
4D hot air
180 °C
Preheat
Baking time: 20-35 minutes
When using 4D hot air, you can place the accessories on any level from 1 to 4.

Tip:

Try using different fruits or jam. For a savoury filling, you could use cheese and cooked ham.



Berry tartlets with sour cream glaze

For 8 servings Ramekins

Shortcrust pastry:

300 g flour
1 pinch salt
100 g icing sugar
200 g butter

Topping:

125 g fresh bilberries
125 g fresh redcurrants

Glaze:

½ vanilla pod
200 g sour cream
1 egg
100 g sugar

In addition:

Butter for the ramekins

Per serving

483 kcal, 55 g carbs, 27 g fat,
5 g protein, 4,6 BU

1. Grease the ramekins well.

2. For the shortcrust pastry, add the flour, salt and icing sugar to the work surface. Cut the cold butter into pieces and distribute at the edges. Knead into a smooth dough quickly with cold hands.

3. Divide the pastry into 8 pieces of equal size, roll out individually on a little flour and line the ramekins. Prick the pastry bases with a fork several times and chill the pastry in the refrigerator for around 45 minutes.

4. Sort the berries, rinse them briefly and let them drip dry on kitchen towel. Strip the redcurrants from the stalks.

5. Slice the halved vanilla pod open lengthwise and scrape out the pulp. Whisk together with the other ingredients for the glaze.

6. Distribute the berries in the ramekins, pour the glaze over them and bake the tartlets as indicated.

Setting procedure:

Mini tart dishes on the wire rack, level 2
Top/bottom heating
210 °C
Baking time: approx. 25 minutes



Pistachio biscuits with fig jam

For 35 servings

Baking tray and universal pan

Shortcrust pastry:

150 g green pistachios
½ organic lemon
200 g flour
1 level tsp baking powder
150 g sugar
1 egg
100 g butter

Filling:

250 g fig jam

Topping:

75 g pistachios, finely chopped
50 g dark cooking chocolate
35 whole pistachios

In addition:

Greaseproof paper

Per serving

130 kcal, 15 g carbs, 7 g fat, 3 g protein,
1,3 BU

1. Chop the pistachios very finely for the shortcrust pastry. Wash the lemon in hot water and dry it. Grate the zest of half the lemon.

2. Mix together all dry ingredients in a bowl. Add the egg, cut the cold butter into small chunks and distribute on top. Using the dough hook of a hand mixer or food processor, knead slowly at first, and then at a faster speed setting. Form into a ball and press flat. Wrap in foil and chill for approx. 45 minutes.

3. Line the baking trays with greaseproof paper.

4. Roll the pastry out so that it is approx. 0.5 cm thick and cut out biscuits which are approx. 3 cm in diameter. Distribute on the baking trays and bake as indicated.

5. Brush each hot biscuit with jam and place a second biscuit on top. Also brush the edge with marmalade and roll the biscuits in the finely chopped pistachios.

6. Melt the chocolate coating. Add a dollop of chocolate coating in the centre of each biscuit and decorate with a whole pistachio.

Setting procedure:

Baking tray, level 1,
Universal pan, level 3
4D hot air
140 °C
Baking time: approx. 25 minutes

Tip:

Cut the greaseproof paper to the size of the tray. Excess paper affects the browning.



Lime muffins with white chocolate

For 12 servings Muffin tin

Muffins:

2 organic limes
125 g butter
75 g white chocolate
3 eggs
175 g sugar
150 g flour
1 pinch salt
1 tsp baking powder

In addition:

Butter for the tin or paper moulds

Per serving

273 kcal, 28 g carbs, 16 g fat,
4 g protein, 2,4 BU

1. Wash the limes with hot water, dry them off, grate the zest and squeeze the juice from one lime.
2. Grease the muffin tin or fill with paper moulds.
3. Melt the butter and chocolate in a water bath. Stir together the eggs and sugar until light and fluffy. Slowly stir the melted butter/chocolate into the frothy mixture.

4. Mix the flour with salt and baking powder and fold into the frothy mixture. Add the grated lime zest and stir in the juice of one lime. Add the mixture to the moulds and bake as indicated.

Setting procedure:

Muffin tin on the wire rack, level 3
Top/bottom heating
180 °C
Baking time: 15-20 minutes



Coriander and orange brioches

For 12 servings

Muffin tin

Mixture:

1 organic orange
1 tsp coriander seeds
500 g flour
1 sachet dried yeast
1 pinch salt
125 ml milk, lukewarm
90 g sugar
2 eggs, whisked
90 g butter

In addition:

Butter for greasing
Butter, melted, for brushing

Per serving

315 kcal, 4 g carbs, 15 g fat,
38 g protein, 0,3 BU

1. Wash the orange in hot water, dry it, and grate the zest. Roughly crush the coriander seeds in the mortar.

2. Mix the flour, yeast and salt in a bowl. Add all the other ingredients and knead into a smooth dough. Allow the dough to prove in a warm place until the volume has roughly doubled.

3. Grease the muffin tin with butter. Cut off one quarter of the dough. From the large piece of dough, roll out 12 equally sized balls. From the rest of the dough, make 12 droplet-shaped balls. Place the larger balls into the muffin tray. Make a small indent in each dough ball and place a small ball in the well. Brush with melted butter and leave to prove again in a warm place.

4. Then bake as indicated until golden brown.

Setting procedure:

Muffin tin on the wire rack, level 2
4D hot air
170 °C
Added steam, medium
Baking time: 25-30 minutes

Alternative setting:

Muffin tin on the wire rack
4D hot air
170 °C
Baking time: 25-30 minutes
When using 4D hot air, you can place the accessories on any level from 1 to 4

Tip:

Measure out all the ingredients in advance to allow them to warm to room temperature. You can also leave the dough to prove in the oven. To do so, set the heating type "Dough proving" and the temperature at 40 °C.



Small ring cakes with lemon curd and fresh berries

For 12 servings
Tin for 12 mini ring cakes

Yeast dough:

100 ml milk
80 g butter
250 g flour
1 sachet dried yeast
35 g sugar
2 pinches salt
1 egg
2 tbsp orange liqueur or orange flower water

Lemon curd:

1 large organic lemon, approx. 200 g
180 g sugar
2 eggs
100 g butter
1 pinch salt

Berries:

125 g mixed fresh berries

In addition:

Butter for greasing
Breadcrumbs for sprinkling
Icing sugar for dusting

Per serving

358 kcal, 37 g carbs, 20 g fat,
5 g protein, 3,1 BU

1. For the yeast dough, heat up the milk, add the butter and allow to melt. Allow to cool until lukewarm. Mix the flour and yeast in a bowl. Add all other ingredients and knead the dough well with the dough hook of the hand mixer or the food processor. Allow the dough to prove in a warm place until the volume has doubled.

2. For the lemon curd, wash the lemon under hot water, dry it and grate the zest. Ensure that the white pith is not grated as well. Squeeze the juice from the lemon. Add the lemon zest and the juice to a saucepan together with all other ingredients and heat up. Stir with the whisk for approx. 20 minutes until you have a creamy mixture.

3. Divide the yeast dough into 12 pieces, form small rolls and add to the greased mini ring cake tin which has been sprinkled with breadcrumbs. Leave to prove again.

4. Even out the surface of the dough using your fingers so that the small cakes are even. Leave to stand for another 10 minutes and then bake as indicated.

5. Let the tin cool down a little, then carefully turn out the ring cakes from the tin and leave to cool down on a wire rack.

6. Sprinkle with icing sugar and serve with the lemon curd and fresh berries.

Setting procedure:

Mini ring cake tin on the wire rack, level 2
4D hot air
170 °C
Added steam, low
Baking time: 20-30 minutes

Alternative setting:

Mini ring cake tin on the wire rack
4D hot air
180 °C
Baking time: 20-25 minutes
When using 4D hot air, you can place the accessories on any level from 1 to 4

Tip:

You can also leave the dough to prove in the oven. To do so, set the heating type "Dough proving" and the temperature at 40 °C.

You can also use the grated zest of an organic orange in place of orange liqueur or orange flower water. Fill a clean jar with the lemon curd. The spread can be kept for up to 10 days in the refrigerator if well sealed.



Mini chocolate cakes with a melted centre

For 4 servings Soufflé dishes

Mixture:

130 g dark chocolate
50 g butter
10 g candied ginger
30 g flour
100 g fine sugar
3 eggs

In addition:

Butter for greasing
Sugar for sprinkling

Per serving

477 kcal, 60 g carbs, 24 g fat,
5 g protein, 5,0 BU

1. Place 4 pieces of the dark chocolate to one side. Break the remainder into small pieces, put in a bowl with the butter and melt with the butter in the water bath.
2. Finely dice the candied ginger.
3. Preheat the oven.
4. Mix the flour and sugar and sieve into a bowl.

5. Beat the eggs until light and fluffy and gradually sprinkle in the flour and sugar mixture. Fold in the chocolate mixture with a whisk and add the finely chopped ginger.

6. Grease the dishes and carefully sprinkle with a little sugar.

7. Fill the dishes with the mixture and sink a piece of chocolate into each of the cakes. Bake as indicated.

Setting procedure:

Soufflé dishes on the wire rack, level 2

Top/bottom heating

170 °C

Preheat

Baking time: approx. 20 minutes with 5 minutes resting time



Vanilla croissant

For approx. 150 croissants
Baking tray and universal pan

Shortcrust pastry:

280 g flour
70 g ground almonds
70 g sugar
1 sachet Bourbon vanilla sugar
210 g butter

Sugar mixture:

2 vanilla pods
2-3 tbsp icing sugar
100 g fine sugar

In addition:

Greaseproof paper

Per croissant

22 kcal, 2 g carbs, 1 g fat, 0 g protein,
0,2 BU

1. For the shortcrust pastry, mix all dry ingredients together in a mixing bowl. Cut the cold butter into small chunks and distribute on top. Using the dough hook of a hand mixer or food processor, knead slowly at first, and then at a faster speed setting. Shape into a roll, wrap in foil and chill for at least 1 hour.

2. Line the baking trays with greaseproof paper. Shape the pastry into a roll and cut into even slices. Form the slices into crescents by hand. Place them onto the baking trays and bake as indicated.

3. Cut the vanilla pods open lengthwise and scrape out the pulp. Mix the icing sugar well with the sugar and vanilla pulp. Roll the croissants in the sugar mixture while they are still hot.

Setting procedure:

Baking tray, level 1,
Universal pan, level 3
4D hot air
140 °C
Baking time: 15-20 minutes

Tip:

Cut the greaseproof paper to the size of the tray.
Excess paper affects the browning.



Macaroons

To make approx. 20 servings
Baking tray and universal pan

Almond meringue:

70 g egg white
80 g almond flour from the health food store
80 g icing sugar
40 g fine sugar
1½ sachets red food colouring in powder form

Filling:

250 g mascarpone
2 EL raspberry syrup
1 tsp lemon juice

In addition:

Greaseproof paper

Per serving

108 kcal, 9 g carbs, 7 g fat, 2 g protein,
0,7 BU

1. Separate the eggs the day before and store the weighed egg white in the refrigerator.
2. On the day you plan to do the baking, line the baking trays with greaseproof paper.
3. Mix the almond flour and icing sugar and pass them through a fine sieve.
4. Beat the egg white until stiff, gradually add the sugar and beat into a firm mixture. Add the food colouring and mix well.
5. Fold the almond and icing sugar mixture into the whipped egg white using a spatula. The mixture should be smooth and viscous.

Setting procedure:

Baking tray, level 1,
Universal pan, level 3
4D hot air
130 °C
Preheat
Baking time: approx. 15 minutes

Tip:

Cut the greaseproof paper to the size of the tray.
Excess paper affects the browning.

6. Pour the mixture into a piping bag with a nozzle and ice 40 blobs approx. 2 cm in size onto the baking trays. Leave to stand for at least 30 minutes. Preheat the oven.
7. Bake the macaroons as indicated.
8. Leave to cool down on the baking trays.
9. Mix together the ingredients for the filling. Shortly before serving, add a blob of the filling to the base of each pair of macaroons and stick them together.





Bread and bread rolls,
pizza and savoury cakes



Savoury rye sourdough bread

For 1 loaf, approx. 30 slices
Universal pan

Sourdough proliferation:

50 g sourdough, from the bakery or ready-made sourdough
375 g rye flour, type 1150
375 ml water, lukewarm

Bread dough:

350 g rye flour type 1150
300 g wheat flour, type 405 or type 550
2 tsp bread spice, crushed
20 g dried yeast
1 tbsp honey
250 ml water, lukewarm
20 g salt

Per slice

122 kcal, 26 g carbs, 1 g fat, 3 g protein,
2,2 BU

1. For the sourdough proliferation, add the sourdough to a bowl on the day before with the rye flour and the lukewarm water and stir. Leave to stand for 24 hours in a warm place.

2. On the next day, remove 50 g of the sourdough mixture and store it for making bread at a later stage. Add the remaining sourdough mixture to a mixing bowl. Knead the rye flour, wheat flour, bread spice, yeast and honey with the water. Knead until you have a smooth dough. Leave the dough to prove while covered in a warm place for 40 minutes.

3. Knead the salt into the raised dough, form a loaf and place into the lightly dusted universal pan. Leave to prove for approx. 30 minutes again.

4. Bake the bread as indicated.

5. Leave the baked bread to cool down on a wire rack.

Setting procedure:

Universal pan, level 2
4D hot air
220 °C
Added steam, high
Baking time: 15 minutes
then
180 °C
Baking time: 50-60 minutes

Alternative setting:

Universal pan
4D hot air
210 °C
Baking time: 15 minutes
then
190 °C
Baking time: 60-65 minutes
When using 4D hot air, you can place the accessories on any level from 1 to 4.

Tip:

You can keep sourdough in the refrigerator for up to 2 weeks in a sealed jar.

You can also leave the dough to prove in the oven. To do so, set the heating type "Dough proving" and the temperature at 40 °C.

Nut bread variant: after the first proving process, knead 250 g halved walnuts or whole hazelnuts into the dough with the salt.



Bacon and onion bread

For approx. 25 slices, 1 loaf
Universal pan

Bacon and onion mixture:
150 g smoked, streaky bacon
20 g butter
150 g onions
1 tsp coriander seeds, freshly ground
½ tsp caraway seeds, freshly ground

Yeast dough:
1 kg flour
2 sachet dried yeast
1 pinch sugar
Approx. 500 ml water, lukewarm
1 tsp salt

In addition:
Cooking oil for the baking tray

Per slice
186 kcal, 29 g carbs, 5 g fat, 5 g protein,
2,4 BU

1. Finely dice the bacon and fry slowly in a frying pan. Add the butter. Peel the onions, chop them finely, add to the bacon with the seasonings and sweat until translucent. After cooking, leave to cool.
2. For the yeast dough, mix flour, yeast and sugar in a bowl.
3. Dissolve the salt in the warm water.
4. Alternately add the bacon and onion mixture and the salt water to the flour and knead the dough thoroughly. Allow the dough to prove in a warm place until the volume has roughly doubled.

5. Grease the universal pan in the size of the bread loaf and dust with flour.
6. Form into a loaf, place this onto the tray and leave to prove again for another 15-20 minutes while covered.
7. In the meantime, preheat the oven.
8. Bake the bread as indicated.

Setting procedure:

Universal pan
4D hot air
220 °C
Preheat
Partial baking: 10-15 minutes
then
turn the oven down to 180 °C
Baking time: 40-50 minutes
When using 4D hot air, you can place the accessories on any level from 1 to 4.

Tip:

To give your bread a gleaming crust: dissolve 1 tsp cornflour in 250 ml water and bring to the boil. Brush the bread with the mixture immediately after baking it.
You can also leave the dough to prove in the oven. To do so, set the heating type "Dough proving" and the temperature at 40 °C.



Baguettes with olives

For 2 baguettes, 10 slices each
Baking tray

Mixture:

500 g flour
1 sachet dried yeast
1 pinch sugar
2 tsp sea salt
6 tbsp olive oil
Approx. 250 ml water, warm
70 g black, pitted olives

In addition:

Greaseproof paper

Per slice

125 kcal, 18 g carbs, 5 g fat, 3 g protein,
1,5 BU

1. Mix the flour and yeast in a bowl. Add all the other ingredients, except the olives, and knead the dough thoroughly. Leave the dough to prove in a warm place until the volume has doubled.
2. Cut the olives into quarters.
3. Knead the dough thoroughly once more and then knead the chopped olives into the dough.

4. Split the dough into 2 pieces and form two long baguette shapes. Make diagonal incisions using a knife and dust with a little flour.

5. Line the baking tray with greaseproof paper. Place the baguettes on top and leave to prove for approx. 20 minutes again.

6. Bake as indicated.

Setting procedure:

Baking tray, level 2
4D hot air
220 °C
Added steam, medium
Baking time: 20-25 minutes

Alternative setting:

Baking tray, level 2
Top/bottom heating
250 °C
Baking time: 20-25 minutes

Tip:

You can also leave the dough to prove in the oven. To do so, set the heating type "Dough proving" and the temperature at 40 °C.



Crusty polenta bread with espresso butter

For 1 loaf, approx. 20 slices
Baking tray

Mixture:

310 g wheat flour, type 550
70 g rye flour, type 1150
70 g polenta
2½ tsp dried sourdough extract,
approx. 10 g
1 tsp dried yeast
1 tsp sugar
Approx. 270 ml water
1 tbsp olive oil
1 tsp lemon juice
Approx. 1½ tsp salt

Espresso butter:

100 g butter, soft
3 tbsp espresso, strong, cold
A few drops Worcestersauce
A few drops Tabasco
1 pinch ground cardamom
1 pinch nutmeg, freshly ground
1 pinch cinnamon
Pepper, freshly ground
Herb-flavoured salt

In addition:

Greaseproof paper

Per slice

115 kcal, 15 g carbs, 15 g fat,
2 g protein, 1,3 BU

1. For the dough, add all the ingredients to a mixing bowl and knead into a smooth, soft dough. Shape into a rectangle of 20x30 cm, place into a tin which has been greased with oil and cover with cling film. Leave the dough to rest in the refrigerator for 12 hours. Then allow it to prove in a warm place until the volume has doubled.

2. Turn the dough out onto a work surface which is covered in flour, dust the surface with flour, and roll the dough over three times around its longitudinal axis. Place onto a baking tray which has been lined with greaseproof paper and bake as indicated. Leave the baked bread to cool down.

3. For the espresso butter, stir the butter until light and fluffy. Mix in all the other ingredients and season with pepper and herb-flavoured salt.

Setting procedure:

Baking tray, level 2
4D hot air
220 °C
Added steam, high
Baking time: 20-25 minutes

Alternative setting:

Baking tray
4D hot air
220 °C
Baking time: 20-25 minutes
When using 4D hot air, you can place the accessories on any level from 1 to 4.

Tip:

You can also leave the dough to prove in the oven. To do so, set the heating type "Dough proving" and the temperature at 40 °C.

If twisted slightly, the crust will break open wonderfully when baked.



Flatbread

For 1 flatbread, approx. 8 servings
Universal pan

Yeast dough:

500 g flour
2 sachets dried yeast
1 tsp salt
350 ml water, lukewarm

Topping:

3 tbsp olive oil
1 tbsp fresh rosemary
2 tbsp pine nuts
Sea salt

In addition:

Cooking oil for the baking tray

Per serving

281 kcal, 46 g carbs, 7 g fat, 8 g protein,
3,8 BU

1. Mix the flour and yeast in a bowl. Add all other ingredients and knead to produce a soft dough. Leave dough to prove in a warm place for around 15-20 minutes.

2. Spread the dough on the greased tray to create a flat piece around 1.5 cm thick, prick with a fork and allow to prove again for another 15 minutes.

3. Use your knuckles to make small indentations in the bread and then drizzle olive oil over the top. Sprinkle with rosemary, pine nuts and sea salt to taste. Bake as indicated.

Setting procedure:

Universal pan, level 3
Top/bottom heating
230 °C
Added steam, high
Baking time: 20-30 minutes

Alternative setting:

Universal pan, level 3
Top/bottom heating
270 °C
Baking time: 20-30 minutes

Tip:

Other tasty flavours: try kneading 3 tbsp Parmesan into the dough or adding finely chopped, dried tomatoes.

You can also leave the dough to prove in the oven. To do so, set the heating type "Dough proving" and the temperature at 40 °C.



Onion bread rolls

For 30 small bread rolls
Springform cake tin, diameter 28 cm

Mixture:

1 onion
1 tsp butter
250-300 g flour
1 tbsp sugar
2 tsp baking powder
1 tsp salt
½ tsp dried marjoram or lovage
Approx. 200 g sourdough, see tip
2 tbsp clarified butter

In addition:

Butter for greasing

Per bread roll

54 kcal, 9 g carbs, 2 g fat, 1 g protein,
0,7 BU

1. Peel and finely dice the onion. Heat the butter in a small saucepan and sweat the diced onion in it.
2. Mix 250 g flour with the sugar, baking powder, salt and marjoram in a bowl and fold in the sourdough.
3. Add the clarified butter and diced onion. Knead thoroughly until the dough eases away from the edge of the bowl. If necessary, add more flour.

4. Grease the springform cake tin. Divide the dough into 30 walnut-sized pieces and roll each piece in a little flour to form smooth balls. Place in a circle in the springform cake tin with a gap between each roll. Leave to prove in a warm place.

5. Then bake the bread rolls as indicated.

Setting procedure:

Springform cake tin on the wire rack, level 2
4D hot air
180 °C
Added steam, medium
Baking time: 20-25 minutes

Alternative setting:

Springform cake tin on the wire rack
4D hot air
180 °C
Baking time: 15-25 minutes
When using 4D hot air, you can place the accessories on any level from 1 to 4.

Tip:

Sourdough: mix 10 g fresh yeast with 250 ml lukewarm water until smooth. Add 1 tsp sugar and gradually stir in 125 g flour. Cover and leave to stand in a warm place for 24 hours. This results in a sticky sourdough which can be covered and stored in the refrigerator for 8-10 days. This quantity (approx. 390 g) is sufficient for 60 onion bread rolls. For sweet rolls, replace the onion and marjoram with 50 g finely chopped dried apricots. You can also leave the dough to prove in the oven. To do so, set the heating type "Dough proving" and the temperature at 40 °C.



Multigrain rolls

For 12 bread rolls

Baking tray

Mixture:

Sourdough powder for 500 g flour

500 ml water

50 g rye flour, type 997

40 g cracked rye grain

450 g plain flour, type 550

1½ tsp salt

1½ sachets dried yeast

1 tbsp honey

For rolling:

40 g oat flakes

25 g linseeds

25 g pumpkin seeds

50 g sunflower seeds

In addition:

Butter for greasing the baking tray

Per bread roll

216 kcal, 36 g carbs, 4 g fat, 8 g protein,
3,0 BU

1. For the leaven, stir together the sourdough powder, 350 ml water, rye flour and cracked rye grain and leave to prove in a warm place for 60 minutes.

2. Gradually add the rest of the ingredients to the leaven and work for approximately 7 minutes to a smooth dough using the dough hook attachment of a food processor.

3. Knead the dough once more and form it into bread rolls weighing 70-100 g each on a flour-covered work surface.

4. Mix the oat flakes, linseeds and other seeds. Moisten the bread rolls and press them carefully into the mixture.

5. Grease the baking tray and distribute the bread rolls on it. Leave to prove for another 60 minutes. 10 minutes before the end, score the bread in a pattern of your choosing.

6. Bake the bread rolls as indicated and leave to cool on a wire rack.

Setting procedure:

Baking tray, level 3

4D hot air

180 °C

Added steam, high

Baking time: 15-25 minutes

Alternative setting:

Baking tray

4D hot air

180 °C

Baking time: 15-25 minutes

When using 4D hot air, you can place the accessories on any level from 1 to 4.

Tip:

You can also leave the dough to prove in the oven. To do so, set the heating type "Dough proving" and the temperature at 40 °C.



Sus Kering - choux pastry dish from Indonesia

To make approx. 160 servings
Baking trays and universal pan

Choux pastry:

300 ml water

½ tsp salt

180 g margarine

180 g flour

4 eggs

75 g grated cheese, e.g. Emmental,

Edam or Gouda

In addition:

Greaseproof paper

Per serving

16 kcal, 1 g carbs, 1 g fat, 0 g protein,
0,1 BU

1. Bring the water, salt and margarine to the boil in a saucepan.

2. Pour the sifted flour into the saucepan in one go. Switch off the hotplate. Stir well with a wooden spoon or the dough hook of a hand mixer. Return to the still warm hotplate to 'reduce' the liquid. To do so, beat the mixture until it comes away from the sides and forms a soft ball, and until a white coating becomes visible on the base of the saucepan.

3. Place the ball in a deep mixing bowl. Mix the eggs in one by one at the highest setting. Let the dough cool down for approx. 10 minutes. Then mix in the cheese and let the dough cool down fully.

4. Line the baking trays with greaseproof paper. Preheat the oven.

5. Pour the choux pastry into a piping bag with a nozzle 1 cm in diameter and ice small blobs onto the baking trays. Bake the Sus Kering as indicated.

Setting procedure:

Baking trays, level 1 and 5,

Universal pan, level 3

4D hot air

170 °C

Preheat

Bake:

170 °C, 15 minutes

then

150 °C, 35-40 minutes

Tip:

Indonesia used to be a Dutch colony. For this reason, there are many recipes originating there which call for Gouda or other kinds of Dutch cheese.

Serve the Sus Kering as a party snack, with wine or beer.



Savoury muffins with blue cheese

For 12 servings

Muffin tin

Mixture:

130 g butter
1 red onion, approx. 40 g
1 tbsp cooking oil
400 g flour
2 tsp baking powder
3 eggs
Approx. 225 ml milk
150 g blue cheese, e.g. Stilton
Salt
Black pepper, freshly ground

In addition:

paper moulds

Per serving

284 kcal, 26 g carbs, 16 g fat,
9 g protein, 2,2 BU

1. Melt the butter in a small saucepan and leave to cool down. Peel and finely dice the onion. Heat the cooking oil in a frying pan and sweat the diced onion until it is soft. Allow to cool.

2. Mix the flour and baking powder and sieve into a bowl. Add the melted butter, eggs and milk and briefly stir into a smooth mixture using a hand mixer.

3. Cut the cheese into small cubes. Mix the cheese and onions into the mixture using a spatula. Season with salt and pepper.

4. Place the paper moulds into the muffin recesses and then pour in the mixture. Bake the muffins as indicated.

5. Leave the cooked muffins to cool down for 10 minutes on a wire rack, and only remove them from the paper moulds once they are cool.

Setting procedure:

Muffin tin on the wire rack, level 2
4D hot air
180 °C
Added steam, medium
Baking time: 20-25 minutes

Alternative setting:

Muffin tin on the wire rack, level 3
Top/bottom heating
190 °C
Baking time: 20-25 minutes

Tip:

The muffins are delicious hot and cold. Serve them with a seasonal salad.



Pizza Margherita

For 2 servings
Pizza tray, diameter 30 cm

Yeast dough:
150 g flour
½ sachet dried yeast
1 pinch sea salt
Approx. 100 ml water, lukewarm

Topping:
150 g cherry tomatoes
125 g mozzarella
150 g tomato passata
Sea salt
Pepper, freshly ground
½ tsp sugar
3 tbsp basil, chopped
½ tsp salt
2 tbsp cooking oil

In addition:
1 tbsp cooking oil for the baking tray

Per serving
466 kcal, 62 g carbs, 16 g fat,
17 g protein, 5,2 BU

1. To make the yeast dough, mix the flour and yeast in a bowl. Add all other ingredients and knead the dough well. Allow dough to prove in a warm place for 30 minutes.
2. In the meantime, wash the cherry tomatoes and halve them. Cut up the mozzarella.
3. Grease the pizza tray with oil. Roll out the dough evenly on it and prick several times with a fork.

Setting procedure:

Pizza tray on the wire rack, level 2
Top/bottom heating
270 °C
Baking time: 20-25 minutes

Tip:

You can also leave the dough to prove in the oven. To do so, set the heating type "Dough proving" and the temperature to 40 °C.

Pizza Romana: instead of adding basil, top the pizza with 4 salted anchovies, which have been washed, deboned and cut up. Season with salt and 2 tsp oregano and drizzle with oil.

Pizza al prosciutto: instead of basil, use 100 g cooked ham that is not too lean.

4. Season the passata with sea salt, pepper and sugar. Add half of the basil, mixing well.

5. Spread the tomato topping on the dough. Arrange the cherry tomatoes on the pizza. Distribute the mozzarella evenly over the cherry tomatoes. Sprinkle the remaining basil over the pizza, add salt and drizzle with olive oil.

6. Cook the pizza as indicated.



Quiche Lorraine

For 12 servings

Tart dish, diameter 30 cm

Quiche pastry:

250 g flour
125 g butter
75 ml water
¼ tsp salt

Topping:

200 g streaky bacon
4 eggs
400 g crème fraîche

In addition:

Butter for greasing

Per serving

374 kcal, 18 g carbs, 31 g fat,
7 g protein, 1,5 BU

1. Add the flour and butter to a mixing bowl and mix into crumbs using the dough hook. Add the water and salt and mix everything into a smooth dough. Leave the dough to prove for at least an hour in the refrigerator while covered.

2. In the meantime, cut the bacon into small cubes.

3. Roll the dough out on the work surface so that it is approx. 2-3 mm thick and use this to line the tart dish. Cut off any excess pastry that sticks out over the edge.

4. Prick the pastry several times with a fork and distribute the bacon on top.

5. Mix the eggs and crème fraîche together and distribute evenly over the bacon cubes. Bake the quiche as indicated.

Setting procedure:

Tart dish on the wire rack, level 1
Top/bottom heating
220 °C
Baking time: 35-50 minutes



Turkish börek

For 20 servings Universal pan

Cheese:

1 bunch fresh or frozen flat-leaf parsley,
approx. 30 g
500 g sheep's cheese in brine or
feta cheese

Filling:

2 eggs
200 ml milk
250 g yoghurt, 3.8 % fat
100 g sunflower oil
½ sachet baking powder
Sea salt
Black pepper, freshly ground

Mixture:

900 g fresh or frozen filo pastry or
'yufka' dough, approx. 20 sheets

In addition:

Cooking oil for the universal pan

Per serving

287 kcal, 29 g carbs, 15 g fat,
9 g protein, 2,4 BU

1. Rinse the fresh parsley and shake it dry. Remove the stalks and finely chop the leaves. Crumble the sheep's cheese and mix with the parsley.

2. Mix all the ingredients for the filling and stir until smooth. Season generously with salt and pepper.

3. Grease the universal pan. Place one sheet of pastry into the universal pan, fold in the overlapping sides and then brush with a thin layer of the filling. Place another sheet of pastry on top, fold in the sides, brush with the filling and sprinkle with a little sheep's cheese.

4. Repeat the process until only 2 sheets of pastry remain. Brush the sheets of pastry with the filling, distribute the rest over the top and bake the börek as indicated.

Setting procedure:

Universal pan, level 3
4D hot air
180 °C
Added steam, medium
Baking time: 35-45 minutes

Alternative setting:

Universal pan, level 3
Top/bottom heating
210 °C
Baking time: 30-40 minutes

Tip:

Add ½ bunch finely chopped fresh mint to the cheese mixture. This will give the baked items a wonderful aroma.

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